

Sliced Strawberries

Nutrition Facts

18 servings per container
Serving size 1/2 cup (10g) dry
 (about 1/2 cup prepared)

Amount per serving
Calories 35

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 0mg	0%
Potassium 162mg	4%
Vitamin C 62mg	70%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Strawberries.

To Rehydrate:

1. Remove oxygen absorber and discard.
2. Cover desired amount of Freeze-Dried Sliced Strawberries with warm water.
3. Let stand 5 to 10 minutes, stirring occasionally.
4. Drain excess water and serve.

Strawberry Jam Recipe *(keep refrigerated)*

1 cup Augason Farms Freeze-Dried Sliced Strawberries
 1/4 cup white granulated sugar

Cover strawberries with water and let stand for 5 to 10 minutes. Drain excess water. Combine fruit and sugar in a medium sauce pan, mix well. Bring to a boil. Reduce heat to medium, continue cooking until Jam reaches desired consistency, about 5 to 6 minutes, stirring frequently.

Strawberry Jam Recipe with Pectin *(keep refrigerated)*

1 cup Augason Farms Freeze-Dried Sliced Strawberries
 1 cup water
 1/3 cup white granulated sugar
 1 tablespoons liquid fruit pectin

In a medium sauce pan, cover strawberries with water. Add sugar to strawberries, stir well until sugar is dissolved. Slowly mix in liquid pectin, stir well. Bring to a boil. Reduce heat to medium, continue cooking until Jam reaches desired consistency, about 10 minutes, stirring frequently. Allow to cool, refrigerate. Will thicken as it cools.

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