

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%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 5g **2%**

Dietary Fiber 2g **7%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 18mg **2%**

Iron 1mg **6%**

Potassium 159mg **4%**

Vitamin C 68mg **80%**

*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.

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Enjoy as a snack right out of the can or rehydrate to add to your favorite fruit salad, smoothie, trail mix, cereal, yogurt, muffins, desserts and more.

To Rehydrate:

1. Remove oxygen absorber and discard.
2. Cover 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)*

Yield: Single batch.

- 1 Cup Augason Farms Freeze Dried Sliced Strawberries
- 1/4 Cup Augason Farms 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)*

Yield: Single batch.

- 1 Cup Augason Farms Freeze Dried Sliced Strawberries
- 1 Cup water
- 1/3 Cup Augason Farms 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, rehydrate. Will thicken as it cools.

INGREDIENTS: Strawberries.