

# Fresh Facts:

# Strawberries



## Chef Ben's cooking tip:

Fresh strawberries are perfect just as they are, and make a great addition to a summer salad. If they last long enough to get a little overripe, freeze them and use them for smoothies.

## HEALTHY INSIGHTS

- Packed with vitamins, fiber, and particularly high levels of antioxidants known as polyphenols
- Sodium-free, fat-free, cholesterol-free, & low-calorie
- More Vitamin C than oranges per serving
- Sweet but low glycemic index, strawberries are unlikely to spike blood sugar
- Good source of Manganese, a trace element important for many processes in the body

## FRESH TRIVIA

Strawberries are the only fruit with seeds on the outside, and each strawberry has an average of 200 seeds.



**SPICE**  
— FIELD KITCHEN —