



Strawberries

Nutrition Facts

1 Cup (166 grams):

- 50 Calories
- Good source of Fiber (11%)
- Excellent source of Vitamin C (110%)
- Good source of Folate (10%)
- Good source of Iodine (10%)
- Good source of Copper (10%)
- Excellent source of Manganese (25%)



Dole Recipe: Strawberry Toast

(More recipes available at Dole.com)



Serves: 8

Total Time: 20 minutes

Ingredients:

- ¾ cup part-skim ricotta cheese
- 1 DOLE® Banana, peeled
- 1½ teaspoon grated lemon peel
- ½ teaspoon honey
- 8 toasted whole grain baguette slices
- 1¼ cups sliced DOLE Strawberries
- 1 cup DOLE Spring Mix
- 1½ tablespoons Honey Balsamic Dressing (see below)
- 1 tablespoon sliced almonds

Directions:

- Combine together ricotta cheese and banana. Stir in grated lemon peel and honey.
- Spread ricotta mixture over toasted baguette slices, shingle sliced strawberries on top.
- Tuck several spring mix greens under strawberry slices, securing them on the toast.
- Drizzle with Honey Balsamic Dressing and sprinkle with sliced almonds.

Honey Balsamic Dressing:

Whisk together 2 tablespoons olive oil, 1 tablespoon balsamic vinegar, 1 teaspoon honey and 1 teaspoon chopped DOLE Green Onion. Season to taste with salt and pepper.

Nutrition Facts

servings per container
Serving size **One cup (166g)**

Amount per serving
Calories 50

Calories from Saturated Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 13g **5%**

Dietary Fiber 3g **11%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

Protein 1g

Vit. D 0mcg 0% • Calcium 27mg 2%

Iron 1mg 6% • Potas. 254mg 6%

Vit. C 98mg 110% • Vit. B₆ 0.1mg 6%

Niacin 1mg 6% • Magnesium 22mg 6%

Folate 40mcg DFE 10% • Biotin 2mcg 6%

Iodine 15mcg 10% • Copper 0.1mg 10%

Manganese 0.6mg 25%

* 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.

Ten Delicious Ways to Eat Strawberries

- 1 Make a strawberry salsa.
- 2 Stuff strawberry halves with light ricotta cheese.
- 3 Make a chilled strawberry gazpacho.
- 4 Top asparagus with balsamic roasted strawberries.
- 5 Top grilled flatbread with strawberries and goat cheese.
- 6 Mix strawberries and walnuts with quinoa.
- 7 Bake strawberry oatmeal cookies.
- 8 Add strawberries to toast with mashed avocado.
- 9 Stir strawberries into oatmeal or yogurt.
- 10 Stuff chicken breasts with strawberries, almonds and spinach.

Research

Institutions worldwide have studied strawberries and their important nutrients. Here are a few relevant studies and nutrition talking points:

Strawberries may slow cancer progression. In a study from China, esophageal cancer patients who ate strawberries daily saw improvements after six months.

Ohio State University Medical Center. "Strawberries may slow precancerous growth in the esophagus, study suggests." ScienceDaily. ScienceDaily, 6 April 2011.

Strawberries are the top berry source of quercetin, which may help prevent Alzheimer's by protecting brain cells from oxidation, according to Cornell researchers.

Protective Effects of Quercetin and Vitamin C against Oxidative Stress-Induced Neurodegeneration. Ho Jin Heo and Chang Yong Lee. Journal of Agricultural and Food Chemistry, Volume 52, Issue 25, 7514- 7517, December 2014.

Include strawberries in your anti-cancer arsenal. UCLA research suggests the anthocyanins in strawberries may inhibit growth of colon and prostate cancer cells.

Isolation and identification of strawberry phenolics with antioxidant and human cancer cell antiproliferative properties. Zhang Y, Seeram NP, Lee R, Feng L, Heber D. Journal of Agricultural and Food Chemistry, Volume 56, Issue 3, 670-675, February 2008.

Strawberries promote heart health. In a study from the University of Toronto, patients at risk for heart disease saw a 13% drop in bad LDL cholesterol after adding three cups of strawberries to their daily diets.

The effect of strawberries in a cholesterol-lowering dietary portfolio. Jenkins, D et al. Metabolism Clinical and Experimental. Volume 57, Issue, 12, 1636-1644, December 2008.

In a study from Harvard, women who ate the most strawberries and blueberries were 34% less likely to have experienced a heart attack compared with women who ate the least of these berries. The greatest benefit was seen with eating three or more half-cup servings of blueberries or strawberries every week.

High Anthocyanin Intake Is Associated With a Reduced Risk of Myocardial Infarction in Young and Middle-Aged Women. Cassidy A et al. Circulation. Volume 127, Issue 2, 188-196, January 2013.

In a study published in Annals of Neurology, results suggest strawberry and blueberry intake may delay cognitive aging by up to 2.5 years in women.

Dietary intakes of berries and flavonoids in relation to cognitive decline. Devore EE, Kang JH, Breteler MM, Grodstein F. Annals of Neurology, Volume 72, Issue 1, 135-143, July 2012.

Tweets

Tip: Try roasting #strawberries and spooning over yogurt or oatmeal

Have you ever tried #strawberry salsa? Tastes great on chicken or fish!

#DYK #strawberries get their color from anthocyanins, healthful antioxidants

Try freezing #strawberries to use as flavorful ice cubes in water

One cup of #strawberries provides more than 100% of your daily vitamin C

Observances

January 15: National Strawberry Ice Cream Day

February 27: National Strawberry Day

