

## Strawberries with Sour Cream and Brown Sugar

- 1 pound fresh strawberries
  - 1/2 cup reduced fat sour cream
  - 1/4 cup dark brown sugar, packed
1. Wash strawberries just before using. Leave caps and stems on.
  2. Divide strawberries, sour cream and brown sugar onto 4 small plates.

To eat: Dip strawberries in sour cream, then in brown sugar.

Yield 4 servings.

<b>Nutrition Facts</b>		
Serving Size: about 1/2 cup strawberries		
Servings per recipe: 4		
<b>Amount Per Serving</b>		
<b>Calories 94</b>	<b>Calories from fat 9</b>	
Value		% Daily
<b>Total Fat</b> 1g		1%
Saturated fat	trace	2%
<b>Cholesterol</b> 2mg		1%
<b>Sodium</b> 14mg		1%
<b>Carbohydrate</b> 22g		7%
Dietary Fiber	2g	10%
<b>Protein</b> 1g		2%
Vitamin A: 1%	Vitamin C: 101%	Folacin: 5%
Calcium: 4%	Iron: 3%	Potassium: 6%

**Source:** Modified from: Hometown Cooking, Meals easy-to-make. Wal-Mart SuperCenter

### Provided by:

Barbara Brown  
Food Specialist  
OSU Cooperative Extension Service  
Stillwater, Oklahoma 74078-6141  
[bbrown@okstate.edu](mailto:bbrown@okstate.edu)