



## 5-Minute Blueberry Chia Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



81 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 270 g blueberries fresh thawed ( or )
- 2 tbsp chia seeds
- 1 tbsp maple syrup
- 0.3 cup water

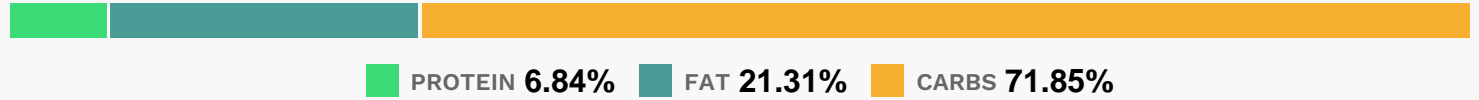
### Equipment

- blender

## Directions

- Add all of the ingredients to your blender with enough water to allow it to blend, and blend.
- Pour the jam into a glass jar or similar. Store in the fridge. It should last for around 4–5 days.

## Nutrition Facts



## Properties

Glycemic Index:19.13, Glycemic Load:4.5, Inflammation Score:-3, Nutrition Score:5.1504347826087%

## Flavonoids

Cyanidin: 5.71mg, Cyanidin: 5.71mg, Cyanidin: 5.71mg, Cyanidin: 5.71mg Petunidin: 21.28mg, Petunidin: 21.28mg, Petunidin: 21.28mg, Petunidin: 21.28mg Delphinidin: 23.92mg, Delphinidin: 23.92mg, Delphinidin: 23.92mg, Delphinidin: 23.92mg Malvidin: 45.62mg, Malvidin: 45.62mg, Malvidin: 45.62mg, Malvidin: 45.62mg Peonidin: 13.7mg, Peonidin: 13.7mg, Peonidin: 13.7mg, Peonidin: 13.7mg Catechin: 3.57mg, Catechin: 3.57mg, Catechin: 3.57mg, Catechin: 3.57mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

## Taste

Sweetness: 100%, Saltiness: 12.75%, Sourness: 73.03%, Bitterness: 50.97%, Savoriness: 9.18%, Fattiness: 14.71%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 81.14kcal (4.06%), Fat: 2.07g (3.18%), Saturated Fat: 0.22g (1.37%), Carbohydrates: 15.68g (5.23%), Net Carbohydrates: 12g (4.36%), Sugar: 9.72g (10.8%), Cholesterol: 0mg (0%), Sodium: 2.82mg (0.12%), Protein: 1.49g (2.98%), Manganese: 0.51mg (25.26%), Fiber: 3.68g (14.74%), Vitamin K: 13.03µg (12.41%), Vitamin C: 6.64mg (8.05%), Magnesium: 25.35mg (6.34%), Phosphorus: 59.7mg (5.97%), Vitamin B2: 0.1mg (5.96%), Selenium: 3.38µg (4.83%), Copper: 0.1mg (4.81%), Calcium: 47.8mg (4.78%), Vitamin B1: 0.07mg (4.37%), Vitamin B3: 0.82mg (4.08%), Iron: 0.66mg (3.65%), Zinc: 0.42mg (2.8%), Vitamin E: 0.41mg (2.77%), Potassium: 87.65mg (2.5%), Vitamin B6: 0.04mg (1.76%), Folate: 6.99µg (1.75%)