



Berries Jubilee



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups blueberries
- ☐ 2 tablespoons brandy
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup orange juice
- ☐ 0.5 teaspoon orange rind grated
- ☐ 1.5 cups raspberries
- ☐ 0.1 teaspoon salt
- ☐ 4 cups vanilla reduced-fat

☐ 0.5 cup water

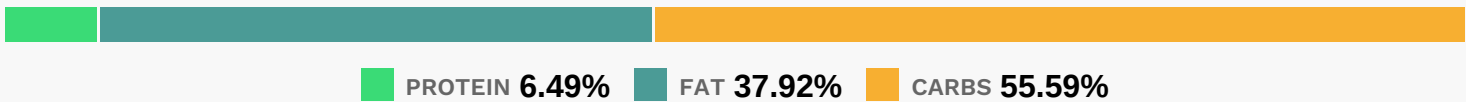
Equipment

☐ frying pan

Directions

- ☐ Combine first 3 ingredients in a large skillet. Stir in rind, juice, and water; bring to a boil. Cook 1 minute or until slightly thickened.
- ☐ Add berries; cook 3 minutes or until thoroughly heated.
- ☐ Add brandy; cook 3 minutes. Spoon warm berry sauce over ice cream.
- ☐ carbo rating: 19

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:11.7, Inflammation Score:-4, Nutrition Score:5.8291304163311%

Flavonoids

Cyanidin: 12.65mg, Cyanidin: 12.65mg, Cyanidin: 12.65mg, Cyanidin: 12.65mg Petunidin: 8.82mg, Petunidin: 8.82mg, Petunidin: 8.82mg, Petunidin: 8.82mg Delphinidin: 10.13mg, Delphinidin: 10.13mg, Delphinidin: 10.13mg, Delphinidin: 10.13mg Malvidin: 18.79mg, Malvidin: 18.79mg, Malvidin: 18.79mg, Malvidin: 18.79mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 5.66mg, Peonidin: 5.66mg, Peonidin: 5.66mg, Peonidin: 5.66mg Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 183.71kcal (9.19%), Fat: 7.53g (11.58%), Saturated Fat: 4.5g (28.11%), Carbohydrates: 24.83g (8.28%), Net Carbohydrates: 22.19g (8.07%), Sugar: 19.05g (21.17%), Cholesterol: 29.04mg (9.68%), Sodium: 90.66mg (3.94%), Alcohol: 1.25g (100%), Alcohol %: 1.05% (100%), Protein: 2.9g (5.8%), Vitamin C: 16.9mg (20.49%), Manganese: 0.25mg (12.64%), Vitamin B2: 0.18mg (10.78%), Fiber: 2.64g (10.58%), Calcium: 94.16mg (9.42%), Phosphorus: 82.1mg (8.21%), Vitamin K: 7.32µg (6.98%), Vitamin A: 331.8IU (6.64%), Potassium: 218.06mg (6.23%), Vitamin B5: 0.52mg (5.22%), Magnesium: 17.77mg (4.44%), Vitamin B12: 0.26µg (4.29%), Zinc: 0.61mg (4.04%), Vitamin B1: 0.06mg (3.92%), Vitamin E: 0.56mg (3.72%), Folate: 14.38µg (3.59%), Vitamin B6: 0.06mg (3.25%), Copper: 0.06mg (3.09%), Vitamin B3: 0.39mg (1.95%), Selenium: 1.31µg (1.87%), Iron: 0.33mg (1.84%)