



WHATSheATE



Berries with Lemon Mint Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

SIDE DISH

Ingredients



1 strips lemon zest



1.5 quarts poached berries mixed such as blueberries, raspberries, blackberries, and quartered strawberries



0.8 cup sugar



1.5 cups water

Equipment



bowl



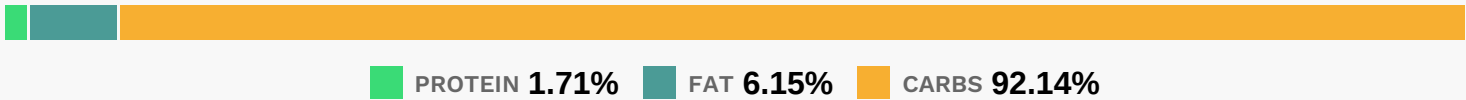
sauce pan

☐ slotted spoon

Directions

- ☐ In a medium saucepan, combine the water, sugar, mint leaves and stems or dried mint, and lemon zest. Bring to a boil.
- ☐ Remove from the heat and let stand, covered, for 20 minutes. If using fresh mint, remove it and the lemon zest with a slotted spoon and discard. If using dried mint, strain the syrup.
- ☐ Bring the syrup back to a simmer.
- ☐ Remove from the heat and add the berries. Stir gently and then pour into a bowl.
- ☐ Let cool to room temperature.
- ☐ Serve the berries and syrup in bowls topped with the fresh mint sprigs, if using.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:26.18, Inflammation Score:-6, Nutrition Score:9.6569565094036%

Flavonoids

Cyanidin: 15.47mg, Cyanidin: 15.47mg, Cyanidin: 15.47mg, Cyanidin: 15.47mg Petunidin: 64.45mg, Petunidin: 64.45mg, Petunidin: 64.45mg, Petunidin: 64.45mg Delphinidin: 76.62mg, Delphinidin: 76.62mg, Delphinidin: 76.62mg, Delphinidin: 76.62mg Malvidin: 176.2mg, Malvidin: 176.2mg, Malvidin: 176.2mg, Malvidin: 176.2mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 1.67mg, Peonidin: 1.67mg, Peonidin: 1.67mg, Peonidin: 1.67mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 6.39mg, Luteolin: 6.39mg, Luteolin: 6.39mg, Luteolin: 6.39mg Kaempferol: 3.9mg, Kaempferol: 3.9mg, Kaempferol: 3.9mg, Kaempferol: 3.9mg Myricetin: 6.25mg, Myricetin: 6.25mg, Myricetin: 6.25mg, Myricetin: 6.25mg Quercetin: 16.47mg, Quercetin: 16.47mg, Quercetin: 16.47mg, Quercetin: 16.47mg

Nutrients (% of daily need)

Calories: 325.48kcal (16.27%), Fat: 2.39g (3.68%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 80.69g (26.9%), Net Carbohydrates: 71.08g (25.85%), Sugar: 67.42g (74.91%), Cholesterol: 0mg (0%), Sodium: 8.37mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.99%), Vitamin K: 58.2µg (55.43%), Fiber: 9.61g (38.43%), Manganese: 0.52mg (26.16%), Vitamin E: 1.7mg (11.36%), Vitamin C: 9.19mg (11.14%), Vitamin B6: 0.21mg (10.49%), Vitamin B3: 1.85mg (9.23%), Vitamin B2: 0.14mg (8.15%), Vitamin B1: 0.11mg (7.58%), Copper: 0.13mg (6.71%), Folate: 24.87µg (6.22%), Potassium: 192.79mg (5.51%), Magnesium: 18.67mg (4.67%), Vitamin B5: 0.44mg (4.44%), Phosphorus: 39.07mg (3.91%), Iron: 0.66mg (3.66%), Vitamin A: 163.37IU (3.27%), Calcium: 31.76mg (3.18%), Zinc:

0.26mg (1.74%)