



Berry Coulis



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



183 kcal

SIDE DISH

Ingredients

- ☐ 2 cups blueberries fresh rinsed
- ☐ 0.3 cup juice of lemon
- ☐ 2 cups raspberries fresh rinsed
- ☐ 1.5 cups sugar

Equipment

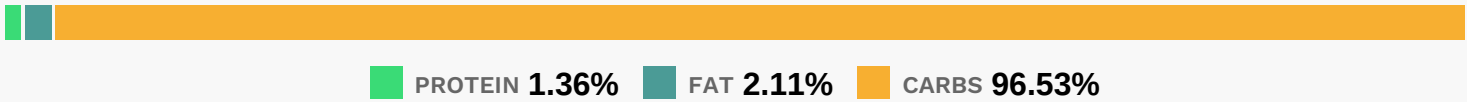
- ☐ bowl
- ☐ frying pan
- ☐ oven

- ☐ sieve
- ☐ microwave
- ☐ spatula

Directions

- ☐ In a 3- to 4-quart pan, combine blueberries, raspberries, sugar, and lemon juice. Bring to a boil over medium-high heat, then reduce heat and simmer, stirring occasionally, until berries begin to disintegrate and mixture starts to thicken, about 15 minutes. Press through a fine strainer into a bowl, extracting as much liquid as possible with the back of a spoon or a spatula; discard seeds and skins.
- ☐ Serve coulis warm; if mixture cools before you're ready to serve, reheat in a microwave oven. If it's too thick, stir in a little warm water.

Nutrition Facts



Properties

Glycemic Index:17.01, Glycemic Load:28.39, Inflammation Score:-2, Nutrition Score:3.6047825696676%

Flavonoids

Cyanidin: 16.86mg, Cyanidin: 16.86mg, Cyanidin: 16.86mg, Cyanidin: 16.86mg Petunidin: 11.76mg, Petunidin: 11.76mg, Petunidin: 11.76mg Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 7.54mg, Peonidin: 7.54mg, Peonidin: 7.54mg, Peonidin: 7.54mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 182.74kcal (9.14%), Fat: 0.46g (0.7%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 46.81g (15.6%), Net Carbohydrates: 43.95g (15.98%), Sugar: 42.63g (47.36%), Cholesterol: 0mg (0%), Sodium: 1.12mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Vitamin C: 14.4mg (17.45%), Manganese: 0.33mg (16.39%), Fiber: 2.86g (11.44%), Vitamin K: 9.48µg (9.03%), Vitamin E: 0.48mg (3.22%), Copper: 0.05mg (2.6%), Folate: 10.05µg (2.51%), Potassium: 82.39mg (2.35%), Magnesium: 9.28mg (2.32%), Vitamin B2: 0.03mg (2.05%), Vitamin B6: 0.04mg (1.96%), Iron: 0.34mg (1.86%), Vitamin B3: 0.34mg (1.7%), Vitamin B1: 0.03mg (1.67%), Vitamin B5: 0.15mg (1.55%), Phosphorus: 13.75mg (1.38%), Zinc: 0.19mg (1.29%), Calcium: 10.55mg (1.06%)