



Berry Freeze

 **Vegetarian**  **Vegan**  **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN

ready

20 min.

SERVINGS

servings

12

CALORIES

calories

175 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup mint leaves fresh loosely packed
- ☐ 1.5 cups granulated sugar
- ☐ 64 ounce berry juice mixed
- ☐ 1 cup water

Equipment

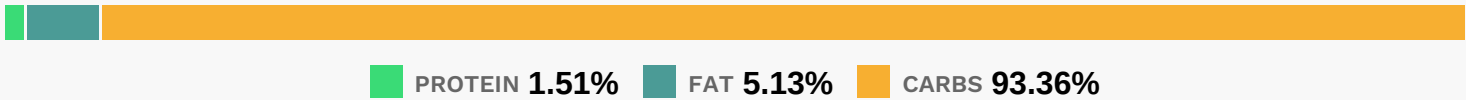
- ☐ food processor
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Bring sugar and 1 cup water to a boil in a small saucepan, stirring constantly. Boil, stirring constantly, 3 minutes or until sugar dissolves.
- ☐ Remove from heat; stir in mint.
- ☐ Let stand 5 minutes.
- ☐ Pour through a fine wire-mesh strainer into a large bowl; discard mint. Stir in berry juice.
- ☐ Pour mixture into a 13- x 9-inch pan; freeze at least 8 hours.
- ☐ Let stand at room temperature 20 minutes. Process, in batches, in a food processor.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:17.45, Inflammation Score:-4, Nutrition Score:4.4304348619088%

Flavonoids

Cyanidin: 6.59mg, Cyanidin: 6.59mg, Cyanidin: 6.59mg, Cyanidin: 6.59mg Petunidin: 27.46mg, Petunidin: 27.46mg, Petunidin: 27.46mg, Petunidin: 27.46mg Delphinidin: 32.64mg, Delphinidin: 32.64mg, Delphinidin: 32.64mg, Delphinidin: 32.64mg Malvidin: 75.07mg, Malvidin: 75.07mg, Malvidin: 75.07mg, Malvidin: 75.07mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.71mg, Peonidin: 0.71mg, Peonidin: 0.71mg, Peonidin: 0.71mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 2.96mg, Luteolin: 2.96mg, Luteolin: 2.96mg, Luteolin: 2.96mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 2.66mg, Myricetin: 2.66mg, Myricetin: 2.66mg, Myricetin: 2.66mg Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg

Nutrients (% of daily need)

Calories: 174.67kcal (8.73%), Fat: 1.07g (1.64%), Saturated Fat: 0.08g (0.53%), Carbohydrates: 43.63g (14.54%), Net Carbohydrates: 39.39g (14.32%), Sugar: 37.73g (41.92%), Cholesterol: 0mg (0%), Sodium: 3.33mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.41%), Vitamin K: 24.8µg (23.62%), Fiber: 4.23g (16.93%),

Manganese: 0.25mg (12.27%), Vitamin C: 4.38mg (5.3%), Vitamin E: 0.73mg (4.84%), Vitamin B6: 0.09mg (4.58%),
Vitamin B3: 0.82mg (4.09%), Vitamin B2: 0.07mg (3.86%), Vitamin B1: 0.05mg (3.33%), Folate: 12.72µg (3.18%),
Copper: 0.06mg (3.05%), Vitamin A: 149.2IU (2.98%), Potassium: 92.82mg (2.65%), Magnesium: 9.26mg (2.31%),
Iron: 0.38mg (2.11%), Vitamin B5: 0.2mg (1.95%), Phosphorus: 18mg (1.8%), Calcium: 17.49mg (1.75%)