



Berry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



10

CALORIES



22 kcal

SAUCE

Ingredients

- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 6 ounces raspberries fresh
- ☐ 0.8 cup strawberries fresh coarsely chopped
- ☐ 2 tablespoons sugar
- ☐ 0.3 teaspoon vanilla bean paste

Equipment

- ☐ bowl

Directions

☐ Coarsely mash 3/4 cup raspberries and next 4 ingredients in a bowl; let stand 30 minutes. Stir in remaining raspberries just before serving.

Nutrition Facts



PROTEIN 4.66% **FAT 5.72%** **CARBS 89.62%**

Properties

Glycemic Index:13.61, Glycemic Load:2.16, Inflammation Score:-1, Nutrition Score:1.7721739158682%

Flavonoids

Cyanidin: 7.97mg, Cyanidin: 7.97mg, Cyanidin: 7.97mg, Cyanidin: 7.97mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 2.85mg, Pelargonidin: 2.85mg, Pelargonidin: 2.85mg, Pelargonidin: 2.85mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 22.21kcal (1.11%), Fat: 0.15g (0.23%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 5.37g (1.79%), Net Carbohydrates: 4.05g (1.47%), Sugar: 3.77g (4.19%), Cholesterol: 0mg (0%), Sodium: 0.31mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.56%), Vitamin C: 11.1mg (13.45%), Manganese: 0.16mg (7.79%), Fiber: 1.32g (5.3%), Folate: 6.31µg (1.58%), Vitamin K: 1.56µg (1.49%), Magnesium: 5.19mg (1.3%), Potassium: 43.03mg (1.23%), Vitamin E: 0.18mg (1.2%), Copper: 0.02mg (1.04%)