



Black and Blue Berries in Ginger Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 2.5 cups blackberries divided
- ☐ 2 cups blueberries
- ☐ 2 inch ginger fresh peeled thinly sliced
- ☐ 0.3 cup granulated sugar
- ☐ 2 tablespoons juice of lime fresh
- ☐ 6 inch lime zest
- ☐ 2 cups water

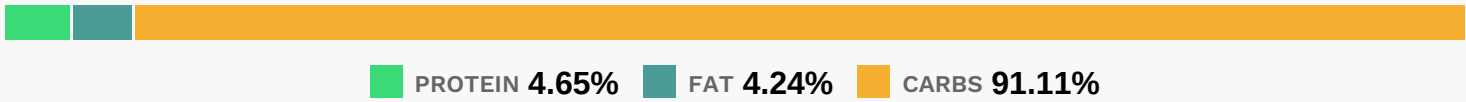
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Bring 2 cups water, 1/2 cup blackberries, sugar, ginger, and lime zest to a boil over medium-high heat in a saucepan, stirring just until sugar is dissolved. Boil for 5 minutes.
- ☐ Remove saucepan from heat, and let stand, covered, for 5 minutes.
- ☐ Pour mixture through a fine strainer set over a bowl; don't press on solids. Reserve the syrup, discarding the blackberries. Then stir in the lime juice.
- ☐ Add the remaining 2 cups blackberries and blueberries to the syrup.
- ☐ Serve over 1/2 cup lemon sorbet, if desired.

Nutrition Facts



Properties

Glycemic Index:45.52, Glycemic Load:16.34, Inflammation Score:-7, Nutrition Score:9.4139130970706%

Flavonoids

Cyanidin: 96.22mg, Cyanidin: 96.22mg, Cyanidin: 96.22mg, Cyanidin: 96.22mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Pelargonidin: 0.41mg, Pelargonidin: 0.41mg, Pelargonidin: 0.41mg, Pelargonidin: 0.41mg Peonidin: 15.2mg, Peonidin: 15.2mg, Peonidin: 15.2mg, Peonidin: 15.2mg Catechin: 37.27mg, Catechin: 37.27mg, Catechin: 37.27mg, Catechin: 37.27mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 4.65mg, Epicatechin: 4.65mg, Epicatechin: 4.65mg, Epicatechin: 4.65mg Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 1.57mg, Myricetin: 1.57mg, Myricetin: 1.57mg, Myricetin: 1.57mg Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 150.62kcal (7.53%), Fat: 0.78g (1.19%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 37.55g (12.52%), Net Carbohydrates: 30.82g (11.21%), Sugar: 28.63g (31.81%), Cholesterol: 0mg (0%), Sodium: 8.39mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.83%), Manganese: 0.84mg (42.02%), Vitamin C: 29.38mg (35.61%), Vitamin K: 32.17µg (30.64%), Fiber: 6.73g (26.92%), Copper: 0.22mg (11.13%), Vitamin E: 1.51mg (10.05%), Folate: 28.32µg (7.08%), Potassium: 229.47mg (6.56%), Magnesium: 25.91mg (6.48%), Vitamin A: 237.81IU (4.76%), Vitamin B3: 0.93mg (4.67%), Iron: 0.82mg (4.55%), Zinc: 0.63mg (4.2%), Vitamin B6: 0.08mg (3.76%), Calcium: 36.86mg (3.69%), Vitamin B5: 0.36mg (3.63%), Vitamin B2: 0.06mg (3.52%), Vitamin B1: 0.05mg (3.27%), Phosphorus: 31.46mg (3.15%)