



Blackberry Filling



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



897 kcal

SIDE DISH

Ingredients

- ☐ 64 ounce blackberries frozen thawed
- ☐ 1 cup butter
- ☐ 0.7 cup cornstarch
- ☐ 8 egg yolks
- ☐ 4 cups sugar

Equipment

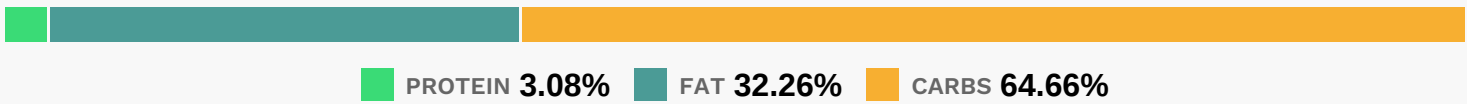
- ☐ food processor
- ☐ bowl

- ☐ sieve
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Stir together blackberries and sugar; let stand 1 hour.
- ☐ Process blackberry mixture in a blender or food processor until smooth.
- ☐ Pour through a fine wire-mesh strainer into a bowl; press with back of a spoon to squeeze out juice, discarding solids.
- ☐ Cook juice mixture and remaining ingredients in a Dutch oven over medium-low heat 12 minutes or until thick and bubbly. Cool. Cover and chill 8 hours.

Nutrition Facts



Properties

Glycemic Index:20.73, Glycemic Load:82.59, Inflammation Score:-9, Nutrition Score:22.892608684042%

Flavonoids

Cyanidin: 259.07mg, Cyanidin: 259.07mg, Cyanidin: 259.07mg, Cyanidin: 259.07mg Pelargonidin: 1.17mg, Pelargonidin: 1.17mg, Pelargonidin: 1.17mg, Pelargonidin: 1.17mg Peonidin: 0.54mg, Peonidin: 0.54mg, Peonidin: 0.54mg, Peonidin: 0.54mg Catechin: 96.06mg, Catechin: 96.06mg, Catechin: 96.06mg, Catechin: 96.06mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 12.08mg, Epicatechin: 12.08mg, Epicatechin: 12.08mg, Epicatechin: 12.08mg Epigallocatechin 3-gallate: 1.76mg, Epigallocatechin 3-gallate: 1.76mg, Epigallocatechin 3-gallate: 1.76mg, Epigallocatechin 3-gallate: 1.76mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 1.74mg, Myricetin: 1.74mg, Myricetin: 1.74mg, Myricetin: 1.74mg Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg

Nutrients (% of daily need)

Calories: 896.65kcal (44.83%), Fat: 33.39g (51.37%), Saturated Fat: 18.67g (116.69%), Carbohydrates: 150.62g (50.21%), Net Carbohydrates: 136.77g (49.74%), Sugar: 126.84g (140.93%), Cholesterol: 291.89mg (97.3%), Sodium: 223.22mg (9.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.18g (14.36%), Manganese: 1.7mg (84.84%), Vitamin C: 54.43mg (65.98%), Fiber: 13.85g (55.39%), Vitamin K: 53.73µg (51.18%), Vitamin A: 1661.71IU (33.23%), Vitamin E: 4.32mg (28.77%), Folate: 95.81µg (23.95%), Copper: 0.46mg (22.88%), Selenium: 13.91µg (19.87%), Phosphorus: 146.62mg (14.66%), Vitamin B5: 1.37mg (13.66%), Magnesium: 53.88mg (13.47%), Potassium: 452.75mg

(12.94%), Iron: 2.29mg (12.72%), Zinc: 1.89mg (12.63%), Vitamin B2: 0.21mg (12.28%), Calcium: 110.87mg (11.09%),
Vitamin B3: 1.69mg (8.46%), Vitamin B12: 0.46µg (7.6%), Vitamin B6: 0.15mg (7.54%), Vitamin D: 1.11µg (7.41%),
Vitamin B1: 0.09mg (5.98%)