

Blackberry Ice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 1 pound blackberries fresh ()
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 teaspoon lemon rind finely grated
- ☐ 0.3 teaspoon rosewater
- ☐ 0.5 cup sugar
- ☐ 1.5 cups water

Equipment

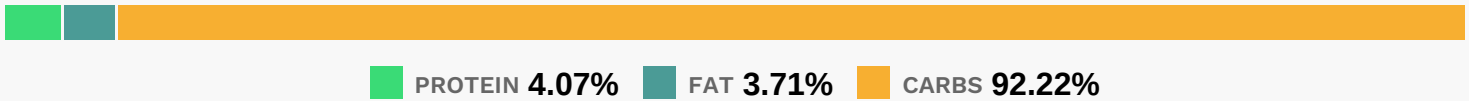
- ☐ bowl

- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ baking pan

Directions

- ☐ Combine 1 1/2 cups water and sugar in a small saucepan, and bring to a boil. Cook over medium-high heat for 2 minutes or until sugar dissolves, stirring constantly.
- ☐ Remove from heat; cool.
- ☐ Pour into a blender.
- ☐ Add blackberries and remaining ingredients; process until smooth. Strain mixture through a fine sieve into a bowl, and discard solids.
- ☐ Pour mixture into an 11 x 7-inch baking dish; cover and freeze 45 minutes. Stir blackberry mixture with a fork every 45 minutes until completely frozen and slushy (about 3 hours).
- ☐ Remove blackberry mixture from freezer; scrape with a fork until fluffy.

Nutrition Facts



Properties

Glycemic Index:11.89, Glycemic Load:9.34, Inflammation Score:-4, Nutrition Score:3.9778260821882%

Flavonoids

Cyanidin: 56.67mg, Cyanidin: 56.67mg, Cyanidin: 56.67mg, Cyanidin: 56.67mg Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 21.01mg, Catechin: 21.01mg, Catechin: 21.01mg, Catechin: 21.01mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 72.95kcal (3.65%), Fat: 0.32g (0.5%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 18.04g (6.01%), Net Carbohydrates: 15.02g (5.46%), Sugar: 15.29g (16.99%), Cholesterol: 0mg (0%), Sodium: 2.93mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.59%), Manganese: 0.37mg (18.35%), Vitamin C: 12.71mg (15.41%), Fiber: 3.02g (12.07%), Vitamin K: 11.23µg (10.69%), Copper: 0.1mg (5.09%), Vitamin E: 0.67mg (4.44%), Folate: 14.56µg (3.64%), Magnesium: 11.91mg (2.98%), Potassium: 94.13mg (2.69%), Vitamin A: 121.48IU (2.43%), Zinc: 0.31mg (2.05%), Iron: 0.36mg (2%), Vitamin B3: 0.37mg (1.84%), Calcium: 18.09mg (1.81%), Vitamin B5: 0.16mg (1.59%), Phosphorus: 12.63mg (1.26%), Vitamin B2: 0.02mg (1.03%)