



## Blackberry Maple Syrup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



117 kcal

SIDE DISH

### Ingredients

- 12 oz blackberries frozen thawed
- 2 teaspoons juice of lemon
- 1 teaspoon lemon zest
- 0.5 cup maple syrup

### Equipment

- bowl

# Directions

Combine all ingredients in a medium bowl.

\*Frozen mixed berries, thawed, may be substituted.

# Nutrition Facts



**PROTEIN 3.18%**   **FAT 2.53%**   **CARBS 94.29%**

# Properties

Glycemic Index:12.3, Glycemic Load:8.65, Inflammation Score:-4, Nutrition Score:7.8647825471733%

# Flavonoids

Cyanidin: 68mg, Cyanidin: 68mg, Cyanidin: 68mg, Cyanidin: 68mg Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 25.22mg, Catechin: 25.22mg, Catechin: 25.22mg, Catechin: 25.22mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

# Nutrients (% of daily need)

Calories: 116.82kcal (5.84%), Fat: 0.34g (0.52%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 28.44g (9.48%), Net Carbohydrates: 24.78g (9.01%), Sugar: 22.68g (25.2%), Cholesterol: 0mg (0%), Sodium: 3.62mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Manganese: 1.18mg (59.02%), Vitamin B2: 0.43mg (25.13%), Vitamin C: 15.58mg (18.88%), Fiber: 3.65g (14.62%), Vitamin K: 13.47µg (12.83%), Copper: 0.11mg (5.65%), Calcium: 55.49mg (5.55%), Vitamin E: 0.8mg (5.33%), Potassium: 185.37mg (5.3%), Magnesium: 20.55mg (5.14%), Folate: 17.46µg (4.37%), Zinc: 0.59mg (3.92%), Vitamin A: 145.92IU (2.92%), Iron: 0.46mg (2.57%), Vitamin B1: 0.04mg (2.37%), Vitamin B3: 0.47mg (2.35%), Vitamin B5: 0.19mg (1.92%), Phosphorus: 15.18mg (1.52%), Vitamin B6: 0.02mg (1.1%)