



Blackberry-Raspberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



16 kcal

SAUCE

Ingredients

- 1 cup blackberries fresh
- 1 tablespoon juice of lemon fresh
- 1 cup raspberries fresh
- 0.5 cup sugar
- 0.3 cup water

Equipment

- sauce pan
- blender

Directions

- Combine sugar and water in a small saucepan, and bring to a boil. Cook for 1 minute over medium heat, stirring until the sugar dissolves.
- Combine the sugar syrup, blackberries, raspberries, and lemon juice in a blender. Pulse 3 times or until the berries are chopped. Cover and chill.
- Note: Store remaining sauce in an airtight container in refrigerator.
- Serve over low-fat ice cream or pancakes.

Nutrition Facts

 PROTEIN **2.56%**  FAT **3.04%**  CARBS **94.4%**

Properties

Glycemic Index:3.78, Glycemic Load:2.28, Inflammation Score:-1, Nutrition Score:0.57173912534895%

Flavonoids

Cyanidin: 6.21mg, Cyanidin: 6.21mg, Cyanidin: 6.21mg, Cyanidin: 6.21mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 16.02kcal (0.8%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0.01%), Carbohydrates: 4.02g (1.34%), Net Carbohydrates: 3.54g (1.29%), Sugar: 3.52g (3.91%), Cholesterol: 0mg (0%), Sodium: 0.24mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.22%), Manganese: 0.05mg (2.72%), Vitamin C: 2.11mg (2.56%), Fiber: 0.48g (1.93%), Vitamin K: 1.18µg (1.13%)