



Blackberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



102 kcal

SAUCE

Ingredients

- ☐ 16 ounce blackberries unsweetened frozen thawed
- ☐ 1 tablespoons brandy
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.8 cup sugar

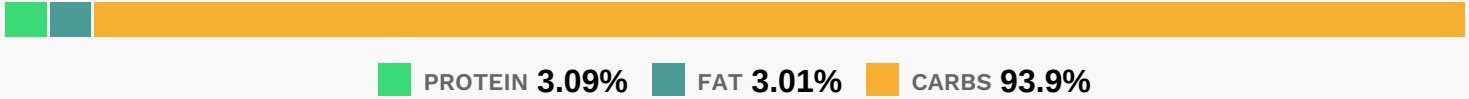
Equipment

- ☐ bowl

Directions

 Puree all ingredients in processor. Strain into medium bowl, pressing on solids to extract as much liquid as possible. Cover and refrigerate until cold. (Can be made 2 days ahead. Keep refrigerated.)

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:13.7, Inflammation Score:-4, Nutrition Score:4.0104347571083%

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: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 101.72kcal (5.09%), Fat: 0.35g (0.53%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 24.38g (8.13%), Net Carbohydrates: 21.37g (7.77%), Sugar: 21.57g (23.97%), Cholesterol: 0mg (0%), Sodium: 0.81mg (0.04%), Alcohol: 0.63g (100%), Alcohol %: 0.98% (100%), Protein: 0.8g (1.6%), Manganese: 0.37mg (18.39%), Vitamin C: 13.36mg (16.19%), Fiber: 3.02g (12.07%), Vitamin K: 11.23µg (10.69%), Copper: 0.1mg (4.79%), Vitamin E: 0.67mg (4.46%), Folate: 14.92µg (3.73%), Magnesium: 11.56mg (2.89%), Potassium: 96.13mg (2.75%), Vitamin A: 121.56IU (2.43%), Iron: 0.36mg (2.03%), Zinc: 0.31mg (2.03%), Vitamin B3: 0.37mg (1.85%), Calcium: 16.86mg (1.69%), Vitamin B5: 0.16mg (1.61%), Phosphorus: 12.85mg (1.28%), Vitamin B2: 0.02mg (1.11%)