



WHATSheATE

Blackberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



153 kcal

SAUCE

Ingredients



16 ounce blackberries frozen thawed



1 tablespoon cornstarch



0.5 cup sugar

Equipment

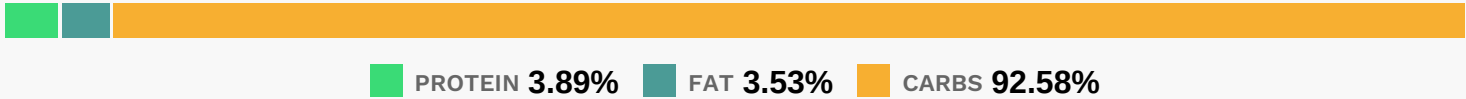


sauce pan

Directions

- ☐ Combine blackberries and sugar in a saucepan; bring to a boil, and boil 5 minutes. Process mixture through a food mill.
- ☐ Combine a small amount of hot blackberry mixture and cornstarch; stir into remaining blackberry mixture. Cook over low heat, stirring constantly, until smooth and thickened. Cool.

Nutrition Facts



Properties

Glycemic Index:23.77, Glycemic Load:18.67, Inflammation Score:-6, Nutrition Score:7.7891304674356%

Flavonoids

Cyanidin: 113.34mg, Cyanidin: 113.34mg, Cyanidin: 113.34mg, Cyanidin: 113.34mg Pelargonidin: 0.51mg, Pelargonidin: 0.51mg, Pelargonidin: 0.51mg, Pelargonidin: 0.51mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 42.03mg, Catechin: 42.03mg, Catechin: 42.03mg, Catechin: 42.03mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 152.63kcal (7.63%), Fat: 0.64g (0.98%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 37.62g (12.54%), Net Carbohydrates: 31.59g (11.49%), Sugar: 30.48g (33.87%), Cholesterol: 0mg (0%), Sodium: 1.56mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Manganese: 0.73mg (36.73%), Vitamin C: 23.81mg (28.86%), Fiber: 6.03g (24.11%), Vitamin K: 22.45µg (21.38%), Copper: 0.19mg (9.49%), Vitamin E: 1.33mg (8.85%), Folate: 28.35µg (7.09%), Magnesium: 22.74mg (5.68%), Potassium: 184.26mg (5.26%), Vitamin A: 242.67IU (4.85%), Zinc: 0.6mg (4.03%), Iron: 0.73mg (4.03%), Vitamin B3: 0.73mg (3.66%), Calcium: 33.18mg (3.32%), Vitamin B5: 0.31mg (3.13%), Phosphorus: 25.21mg (2.52%), Vitamin B2: 0.03mg (2.01%), Vitamin B6: 0.03mg (1.7%), Vitamin B1: 0.02mg (1.51%)