



Blackberry Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



137 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce blackberries frozen thawed
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 cup maple syrup pure
- ☐ 2 tablespoons sugar

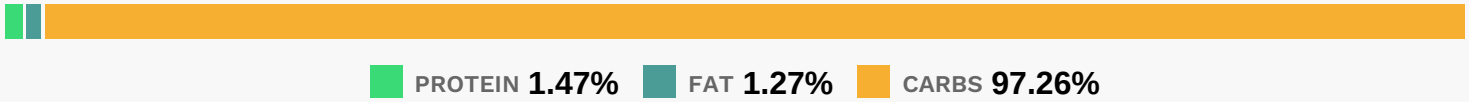
Equipment

- ☐ sauce pan

Directions

- ☐ Bring blackberries, lemon juice, and sugar to a boil in a medium saucepan. Reduce heat and simmer, stirring occasionally, until berries soften and juices thicken slightly, 10–15 minutes.
- ☐ Remove from heat; stir in maple syrup.
- ☐ Let cool slightly before serving.
- ☐ DO AHEAD: Syrup can be made 1 day ahead.
- ☐ Let cool; cover and chill.

Nutrition Facts



Properties

Glycemic Index:16.45, Glycemic Load:12.38, Inflammation Score:-3, Nutrition Score:6.4821739242129%

Flavonoids

Cyanidin: 35.42mg, Cyanidin: 35.42mg, Cyanidin: 35.42mg, Cyanidin: 35.42mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 13.13mg, Catechin: 13.13mg, Catechin: 13.13mg, Catechin: 13.13mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 136.7kcal (6.84%), Fat: 0.2g (0.3%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 33.9g (11.3%), Net Carbohydrates: 32.01g (11.64%), Sugar: 28.98g (32.2%), Cholesterol: 0mg (0%), Sodium: 4.06mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Manganese: 1.16mg (57.77%), Vitamin B2: 0.52mg (30.69%), Vitamin C: 9.62mg (11.66%), Fiber: 1.89g (7.58%), Vitamin K: 7.02µg (6.68%), Calcium: 54.52mg (5.45%), Potassium: 153.82mg (4.39%), Magnesium: 15.88mg (3.97%), Zinc: 0.47mg (3.15%), Copper: 0.06mg (2.98%), Vitamin E: 0.42mg (2.82%), Folate: 9.98µg (2.5%), Vitamin B1: 0.04mg (2.33%), Vitamin A: 76.17IU (1.52%), Iron: 0.27mg (1.5%), Vitamin B3: 0.27mg (1.33%), Vitamin B5: 0.11mg (1.05%)