



Blackberry Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



124 kcal

SIDE DISH

Ingredients

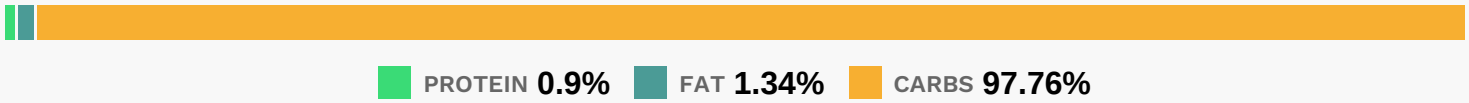
- ☐ 6 ounces blackberries fresh halved
- ☐ 15 mint leaves fresh
- ☐ 1.5 cups sugar
- ☐ 1.5 cups water

Equipment

Directions

- ☐
- Boil sugar and water, stirring often, 2 to 3 minutes or until sugar dissolves.
- ☐
- Remove from heat; add blackberries and fresh mint sprigs, and cool completely. Cover and chill 24 hours. Strain syrup; discard solids.

Nutrition Facts



Properties

Glycemic Index:9.51, Glycemic Load:21.13, Inflammation Score:-1, Nutrition Score:1.4852173937404%

Flavonoids

Cyanidin: 17mg, Cyanidin: 17mg, Cyanidin: 17mg, Cyanidin: 17mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 6.3mg, Catechin: 6.3mg, Catechin: 6.3mg, Catechin: 6.3mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 123.86kcal (6.19%), Fat: 0.19g (0.3%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 31.74g (10.58%), Net Carbohydrates: 30.72g (11.17%), Sugar: 30.77g (34.19%), Cholesterol: 0mg (0%), Sodium: 2.71mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.59%), Manganese: 0.13mg (6.44%), Vitamin C: 4.05mg (4.91%), Fiber: 1.02g (4.09%), Vitamin K: 3.37µg (3.21%), Copper: 0.04mg (2.04%), Vitamin A: 100.12IU (2%), Folate: 5.96µg (1.49%), Vitamin E: 0.2mg (1.33%), Magnesium: 4.96mg (1.24%), Iron: 0.2mg (1.09%), Potassium: 36.69mg (1.05%)