



Blackberry Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



25

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups blackberries fresh
- ☐ 0.3 cup plus light
- ☐ 1 teaspoon cornstarch
- ☐ 1.3 cups sugar

Equipment

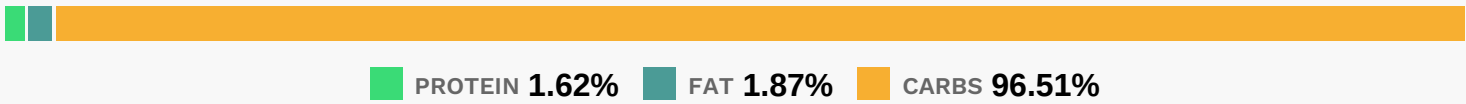
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

☐ blender

Directions

- ☐ Process blackberries in a blender until smooth, stopping to scrape down sides as needed.
- ☐ Press blackberry puree through a fine wire-mesh strainer into a medium saucepan, using back of a spoon to squeeze out juice (about 1 1/2 cups). Discard pulp and seeds.
- ☐ Add sugar and remaining ingredients to blackberry juice in pan, and bring mixture to a boil over medium heat, stirring occasionally. Boil, stirring occasionally, 1 to 2 minutes or until sugar is dissolved and mixture is smooth.
- ☐ Remove from heat, and cool slightly (about 30 minutes).
- ☐ Serve warm or at room temperature.
- ☐ *1 (16-oz.) package frozen blackberries, thawed, may be substituted.

Nutrition Facts



Properties

Glycemic Index:4.56, Glycemic Load:7.66, Inflammation Score:-1, Nutrition Score:1.2082608782727%

Flavonoids

Cyanidin: 17.27mg, Cyanidin: 17.27mg, Cyanidin: 17.27mg, Cyanidin: 17.27mg 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: 6.4mg, Catechin: 6.4mg, Catechin: 6.4mg, Catechin: 6.4mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 55.89kcal (2.79%), Fat: 0.12g (0.19%), Saturated Fat: 0g (0.02%), Carbohydrates: 14.31g (4.77%), Net Carbohydrates: 13.4g (4.87%), Sugar: 13.44g (14.94%), Cholesterol: 0mg (0%), Sodium: 2.39mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.48%), Manganese: 0.11mg (5.6%), Vitamin C: 3.63mg (4.4%), Fiber: 0.92g (3.67%), Vitamin K: 3.42µg (3.26%), Copper: 0.03mg (1.46%), Vitamin E: 0.2mg (1.35%), Folate: 4.32µg (1.08%)