

Blackberry Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



10

CALORIES



253 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds blackberries
- ☐ 0.3 cup juice of lemon
- ☐ 1 tablespoon lemon zest
- ☐ 2.5 cups sugar

Equipment

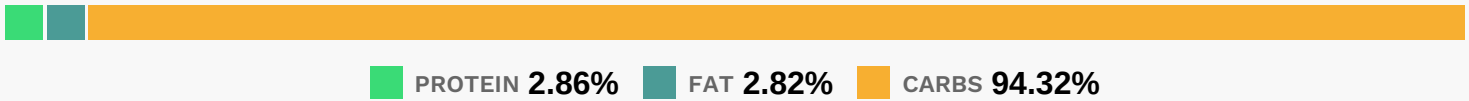
- ☐ ladle
- ☐ pot
- ☐ potato masher

- ☐ measuring cup
- ☐ canning jar

Directions

- ☐ Read Sunset canning instructions*; prepare 6 half-pt. canning jars and lids.
- ☐ Put berries, sugar, lemon zest and juice, and 3/4 cup water into a wide pot. Cook over low heat, stirring occasionally, until fruit releases juices, about 30 minutes.
- ☐ Smash berries with a potato masher. Cook until juices have thickened, stirring occasionally, about 45 minutes more.
- ☐ Strain syrup into a 2-qt. glass measuring cup. Press fruit with a ladle to push remaining juice into cup. Discard seeds and pulp.
- ☐ Pour strained syrup into jars, leaving 1/2 in. of headspace. Following Sunset canning instructions, process 10 minutes.
- ☐ *Go to [sunset.com/canning](https://www.sunset.com/canning)

Nutrition Facts



Properties

Glycemic Index:9.51, Glycemic Load:36.37, Inflammation Score:-6, Nutrition Score:9.6073912433956%

Flavonoids

Cyanidin: 136.01mg, Cyanidin: 136.01mg, Cyanidin: 136.01mg, Cyanidin: 136.01mg Pelargonidin: 0.61mg, Pelargonidin: 0.61mg, Pelargonidin: 0.61mg, Pelargonidin: 0.61mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 50.43mg, Catechin: 50.43mg, Catechin: 50.43mg, Catechin: 50.43mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 6.34mg, Epicatechin: 6.34mg, Epicatechin: 6.34mg, Epicatechin: 6.34mg Epigallocatechin 3-gallate: 0.93mg, Epigallocatechin 3-gallate: 0.93mg, Epigallocatechin 3-gallate: 0.93mg, Epigallocatechin 3-gallate: 0.93mg Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

Nutrients (% of daily need)

Calories: 252.64kcal (12.63%), Fat: 0.84g (1.3%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 63.39g (21.13%), Net Carbohydrates: 56.1g (20.4%), Sugar: 56.72g (63.02%), Cholesterol: 0mg (0%), Sodium: 1.96mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Manganese: 0.88mg (44.09%), Vitamin C: 31.71mg (38.44%), Fiber: 7.29g (29.18%), Vitamin K: 26.94µg (25.66%), Copper: 0.23mg (11.48%), Vitamin E: 1.6mg (10.69%), Folate: 35.32µg (8.83%), Magnesium: 27.67mg (6.92%), Potassium: 228.69mg (6.53%), Vitamin A: 291.87IU (5.84%), Iron: 0.88mg (4.88%), Zinc: 0.73mg (4.87%), Vitamin B3: 0.89mg (4.44%), Calcium: 41.13mg (4.11%), Vitamin B5: 0.39mg (3.85%), Phosphorus: 30.5mg (3.05%), Vitamin B2: 0.05mg (2.72%), Vitamin B6: 0.04mg (2.23%), Vitamin B1: 0.03mg (1.94%), Selenium: 0.85µg (1.22%)