



Blackcurrant Sauce

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



269 kcal

SAUCE

Ingredients

- 0.5 cup creme de cassis
- 100 grams jam
- 100 grams jam
- 1 tablespoon juice of lemon
- 0.5 cup sugar (caster)
- 1 cup blackcurrants

Equipment

- sieve

blender

Directions

Bring all ingredients to the boil and simmer 2 minutes. Puree in a blender until smooth or force through a sieve. Thicken slightly with 1 tsp of arrowroot or cornflour dissolved in a small amount of water if necessary.

Serve with ice cream, or desserts. Other berries can be substituted. Delicious with pancakes or waffles.

Nutrition Facts

PROTEIN 0.86% **FAT 0.78%** **CARBS 98.36%**

Properties

Glycemic Index:45.02, Glycemic Load:36.1, Inflammation Score:-3, Nutrition Score:4.8191304347826%

Flavonoids

Cyanidin: 17.49mg, Cyanidin: 17.49mg, Cyanidin: 17.49mg, Cyanidin: 17.49mg Petunidin: 1.08mg, Petunidin: 1.08mg, Petunidin: 1.08mg, Petunidin: 1.08mg Delphinidin: 25.09mg, Delphinidin: 25.09mg, Delphinidin: 25.09mg, Delphinidin: 25.09mg Pelargonidin: 0.33mg, Pelargonidin: 0.33mg, Pelargonidin: 0.33mg, Pelargonidin: 0.33mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 268.8kcal (13.44%), Fat: 0.24g (0.37%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 67.85g (22.62%), Net Carbohydrates: 67.29g (24.47%), Sugar: 53.23g (59.14%), Cholesterol: 0mg (0%), Sodium: 20.4mg (0.89%), Protein: 0.59g (1.18%), Vitamin C: 56.53mg (68.52%), Manganese: 0.1mg (4.85%), Copper: 0.08mg (3.94%), Iron: 0.71mg (3.92%), Potassium: 133.32mg (3.81%), Vitamin B2: 0.06mg (3.37%), Calcium: 27.35mg (2.74%), Phosphorus: 26.32mg (2.63%), Magnesium: 9.24mg (2.31%), Vitamin E: 0.35mg (2.3%), Fiber: 0.56g (2.25%), Selenium: 1.15µg (1.65%), Folate: 6.25µg (1.56%), Vitamin B1: 0.02mg (1.53%), Vitamin B6: 0.03mg (1.51%), Vitamin A: 64.63IU (1.29%), Vitamin B5: 0.13mg (1.26%)