



Blueberries Foster

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

READY IN



10 min.

SERVINGS



4

CALORIES



365 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 ounce blueberries frozen thawed
- 0.3 cup brown sugar light
- 0.3 teaspoon pumpkin pie spice
- 0.3 cup spiced rum
- 3 tablespoons butter unsalted
- 4 scoops whipped cream for serving

Equipment

- bowl

frying pan

Directions

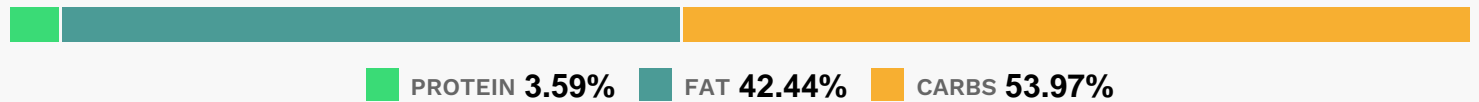
Watch how to make this recipe.

In a medium skillet over medium heat, melt the butter.

Add the brown sugar and pumpkin pie spice. When the sugar has dissolved, add the spiced rum and cook for another minute (if cooking on a gas range, turn the flame off before adding the rum). Gently stir in the blueberries. Cook until the berries are heated through but still retain their shape, 3 to 4 minutes.

To serve, scoop the ice cream into bowls and top with the warm blueberry mixture.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:13.34, Inflammation Score:-6, Nutrition Score:6.5247826420743%

Flavonoids

Cyanidin: 7.2mg, Cyanidin: 7.2mg, Cyanidin: 7.2mg, Cyanidin: 7.2mg Petunidin: 26.82mg, Petunidin: 26.82mg, Petunidin: 26.82mg, Petunidin: 26.82mg Delphinidin: 30.13mg, Delphinidin: 30.13mg, Delphinidin: 30.13mg, Delphinidin: 30.13mg Malvidin: 57.48mg, Malvidin: 57.48mg, Malvidin: 57.48mg, Malvidin: 57.48mg Peonidin: 17.26mg, Peonidin: 17.26mg, Peonidin: 17.26mg, Peonidin: 17.26mg Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg Gallic acid: 0.1mg, Gallic acid: 0.1mg, Gallic acid: 0.1mg, Gallic acid: 0.1mg

Nutrients (% of daily need)

Calories: 365.13kcal (18.26%), Fat: 16.07g (24.73%), Saturated Fat: 9.91g (61.92%), Carbohydrates: 45.99g (15.33%), Net Carbohydrates: 43.46g (15.81%), Sugar: 40.26g (44.74%), Cholesterol: 51.62mg (17.2%), Sodium: 60.15mg (2.62%), Alcohol: 5.01g (100%), Alcohol %: 3.26% (100%), Protein: 3.06g (6.12%), Vitamin K: 17.38µg (16.56%), Manganese: 0.33mg (16.29%), Vitamin A: 586.51IU (11.73%), Vitamin B2: 0.2mg (11.62%), Calcium: 108.17mg (10.82%), Vitamin C: 8.68mg (10.52%), Fiber: 2.52g (10.09%), Phosphorus: 83.51mg (8.35%), Potassium: 224.86mg (6.42%), Vitamin E: 0.93mg (6.19%), Vitamin B5: 0.52mg (5.25%), Vitamin B12: 0.28µg (4.59%), Vitamin B6: 0.08mg (4.22%), Zinc: 0.62mg (4.1%), Magnesium: 16.37mg (4.09%), Vitamin B1: 0.06mg (4.01%), Copper: 0.08mg (3.89%), Iron:

0.46mg (2.56%), Vitamin B3: 0.46mg (2.31%), Selenium: 1.61µg (2.3%), Folate: 8.93µg (2.23%), Vitamin D: 0.29µg (1.93%)