



## Blueberries in Black Pepper-Syrah Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 18 oz blueberries rinsed drained
- ☐ 6 servings lemon zest
- ☐ 0.3 cup sugar
- ☐ 750 ml rose syrah wine
- ☐ 1 teaspoon vanilla

### Equipment

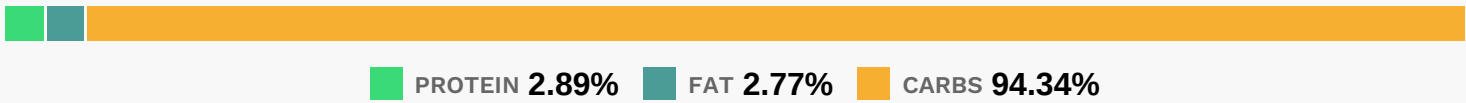
- ☐ bowl

☐ frying pan

## Directions

- ☐ In a small pan, combine Syrah and sugar. Boil over medium-high heat (watch to make sure mixture doesn't boil over), stirring often, until reduced by about half, about 15 minutes. Stir in vanilla and pepper and let cool.
- ☐ Put blueberries in a bowl and pour Syrah mixture over them. Chill airtight for at least 2 hours or up to 1 day.
- ☐ Serve in small dessert bowls or glasses garnished with twists of lemon peel.

## Nutrition Facts



## Properties

Glycemic Index:23.68, Glycemic Load:9.95, Inflammation Score:-7, Nutrition Score:3.2717391388572%

## Flavonoids

Cyanidin: 7.2mg, Cyanidin: 7.2mg, Cyanidin: 7.2mg, Cyanidin: 7.2mg Petunidin: 44.52mg, Petunidin: 44.52mg, Petunidin: 44.52mg, Petunidin: 44.52mg Delphinidin: 41.82mg, Delphinidin: 41.82mg, Delphinidin: 41.82mg, Delphinidin: 41.82mg Malvidin: 209.55mg, Malvidin: 209.55mg, Malvidin: 209.55mg, Malvidin: 209.55mg Peonidin: 27.03mg, Peonidin: 27.03mg, Peonidin: 27.03mg, Peonidin: 27.03mg Catechin: 13.02mg, Catechin: 13.02mg, Catechin: 13.02mg, Catechin: 13.02mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 12.99mg, Epicatechin: 12.99mg, Epicatechin: 12.99mg, Epicatechin: 12.99mg 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: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

## Nutrients (% of daily need)

Calories: 186.74kcal (9.34%), Fat: 0.31g (0.48%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 24.08g (8.03%), Net Carbohydrates: 21.98g (7.99%), Sugar: 16.88g (18.76%), Cholesterol: 0mg (0%), Sodium: 1.04mg (0.05%), Alcohol: 13.35g (100%), Alcohol %: 7.71% (100%), Protein: 0.74g (1.48%), Vitamin K: 16.69µg (15.89%), Manganese: 0.31mg (15.44%), Vitamin C: 8.51mg (10.31%), Fiber: 2.1g (8.42%), Vitamin E: 0.49mg (3.25%), Copper: 0.05mg (2.6%), Vitamin B6: 0.05mg (2.26%), Vitamin B2: 0.04mg (2.21%), Vitamin B1: 0.03mg (2.12%), Potassium: 69.18mg (1.98%), Vitamin B3: 0.36mg (1.81%), Iron: 0.26mg (1.45%), Magnesium: 5.5mg (1.37%), Folate: 5.16µg (1.29%), Vitamin B5: 0.11mg (1.09%), Phosphorus: 10.53mg (1.05%)