



Blueberries with Brown Sugar Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



83 kcal

SIDE DISH

Ingredients

- ☐ 2 cups blueberries (1 pint)
- ☐ 4 teaspoons brown sugar
- ☐ 0.3 cup regular sour low-fat

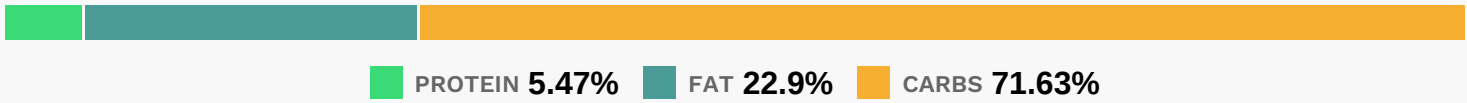
Equipment

- ☐ bowl

Directions

- ☐
- Add cup blueberries to each of 4 small bowls. Spoon a heaping tablespoon of sour cream onto each serving of berries.
- ☐
- Place 1 teaspoon of brown sugar on top of the sour cream.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:3.58, Inflammation Score:-3, Nutrition Score:3.3747825985369%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 83.45kcal (4.17%), Fat: 2.28g (3.5%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 16.01g (5.34%), Net Carbohydrates: 14.24g (5.18%), Sugar: 11.29g (12.55%), Cholesterol: 6.71mg (2.24%), Sodium: 17.77mg (0.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.45%), Vitamin K: 14.38µg (13.69%), Manganese: 0.25mg (12.56%), Vitamin C: 7.35mg (8.91%), Fiber: 1.78g (7.1%), Calcium: 34.78mg (3.48%), Vitamin E: 0.48mg (3.2%), Vitamin B2: 0.05mg (3.14%), Potassium: 102.93mg (2.94%), Copper: 0.05mg (2.36%), Vitamin B1: 0.04mg (2.34%), Phosphorus: 22.65mg (2.26%), Vitamin B6: 0.04mg (2.2%), Vitamin A: 102.83IU (2.06%), Magnesium: 6.72mg (1.68%), Folate: 6.59µg (1.65%), Vitamin B3: 0.33mg (1.64%), Zinc: 0.22mg (1.44%), Iron: 0.25mg (1.38%), Vitamin B12: 0.08µg (1.34%), Selenium: 0.72µg (1.02%)