



Blueberry-Lemon Maple Syrup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



10

CALORIES



63 kcal

SIDE DISH

Ingredients

- 12 oz blueberries frozen
- 2 teaspoons juice of lemon
- 1 teaspoon lemon zest
- 0.5 cup maple syrup

Equipment

- sauce pan

Directions

- Combine maple syrup, blueberries, lemon zest, and lemon juice in a large saucepan. Bring to a boil over medium-high heat; reduce heat to low, and simmer 5 minutes.
- Serve warm.
- *1 (12-oz.) package frozen mixed berries may be substituted.

Nutrition Facts

PROTEIN 1.57% **FAT 1.58%** **CARBS 96.85%**

Properties

Glycemic Index:7.65, Glycemic Load:5.61, Inflammation Score:-1, Nutrition Score:2.8639130341294%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Petunidin: 10.73mg, Petunidin: 10.73mg, Petunidin: 10.73mg, Petunidin: 10.73mg Delphinidin: 12.05mg, Delphinidin: 12.05mg, Delphinidin: 12.05mg, Delphinidin: 12.05mg Malvidin: 22.99mg, Malvidin: 22.99mg, Malvidin: 22.99mg, Malvidin: 22.99mg Peonidin: 6.9mg, Peonidin: 6.9mg, Peonidin: 6.9mg, Peonidin: 6.9mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg

Nutrients (% of daily need)

Calories: 63.18kcal (3.16%), Fat: 0.12g (0.18%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 15.88g (5.29%), Net Carbohydrates: 15.04g (5.47%), Sugar: 13.07g (14.52%), Cholesterol: 0mg (0%), Sodium: 1.81mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.52%), Manganese: 0.48mg (24.24%), Vitamin B2: 0.22mg (12.87%), Vitamin K: 6.57µg (6.25%), Vitamin C: 3.94mg (4.78%), Fiber: 0.84g (3.36%), Calcium: 19.92mg (1.99%), Potassium: 63.77mg (1.82%), Vitamin B1: 0.02mg (1.57%), Magnesium: 5.51mg (1.38%), Vitamin E: 0.2mg (1.31%), Zinc: 0.17mg (1.12%)