



## Blueberry-Lemon Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



93 kcal

SAUCE

### Ingredients

- ☐ 1.5 cups blueberries fresh
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.5 cup sugar

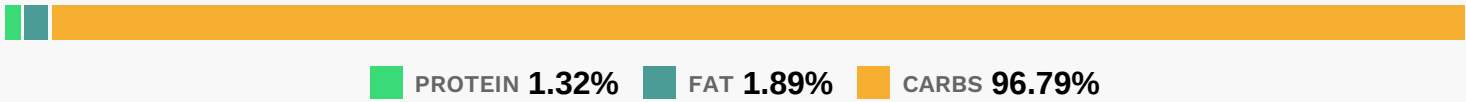
### Equipment

- ☐ sauce pan

# Directions

☐ Bring first 4 ingredients to a boil in a saucepan over medium heat, stirring constantly. Reduce heat; add blueberries, and simmer, stirring constantly, 3 to 5 minutes or until thickened.

## Nutrition Facts



## Properties

Glycemic Index:18.35, Glycemic Load:13.43, Inflammation Score:-2, Nutrition Score:1.8408695472323%

## Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

## Nutrients (% of daily need)

Calories: 93.48kcal (4.67%), Fat: 0.21g (0.32%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 24.17g (8.06%), Net Carbohydrates: 23.19g (8.43%), Sugar: 20.67g (22.97%), Cholesterol: 0mg (0%), Sodium: 0.81mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Vitamin C: 9.27mg (11.23%), Vitamin K: 7.14µg (6.8%), Manganese: 0.13mg (6.37%), Fiber: 0.98g (3.9%), Vitamin E: 0.23mg (1.55%), Vitamin B6: 0.03mg (1.3%), Copper: 0.03mg (1.27%), Potassium: 43.36mg (1.24%), Folate: 4.97µg (1.24%), Vitamin B2: 0.02mg (1.21%), Vitamin B1: 0.02mg (1.14%)