

Blueberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



133 kcal

SAUCE

Ingredients



2 cups blueberries fresh frozen divided thaw (, if)



2 tablespoons juice of lemon



1.5 cups sugar



1 cup water

Equipment

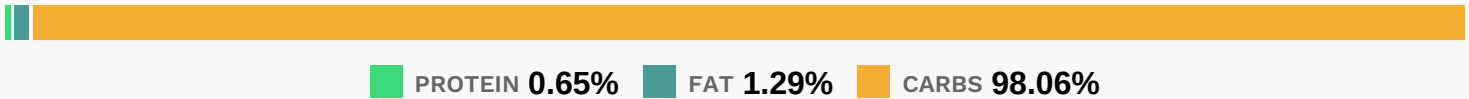


sauce pan

Directions

- ☐ Combine sugar, water, and lemon juice in a heavy saucepan. Bring mixture to a boil; cook 8 minutes.
- ☐ Add 1 cup blueberries, and boil 5 minutes. Cool mixture slightly.
- ☐ Add remaining blueberries, stirring well.
- ☐ Serve sauce warm over pancakes or waffles.

Nutrition Facts



Properties

Glycemic Index:11.01, Glycemic Load:22.38, Inflammation Score:-1, Nutrition Score:1.2360869633115%

Flavonoids

Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 133.03kcal (6.65%), Fat: 0.2g (0.31%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 34.38g (11.46%), Net Carbohydrates: 33.66g (12.24%), Sugar: 32.96g (36.63%), Cholesterol: 0mg (0%), Sodium: 1.81mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.46%), Vitamin K: 5.71µg (5.44%), Manganese: 0.1mg (5.05%), Vitamin C: 4.03mg (4.89%), Fiber: 0.72g (2.88%), Copper: 0.02mg (1.16%), Vitamin E: 0.17mg (1.15%), Vitamin B2: 0.02mg (1.08%)