

Blueberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



8

CALORIES



119 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 2 cups blueberries fresh
- ☐ 3 tablespoons cornstarch
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 cup orange juice
- ☐ 0.3 cup water cold
- ☐ 0.8 cup sugar white

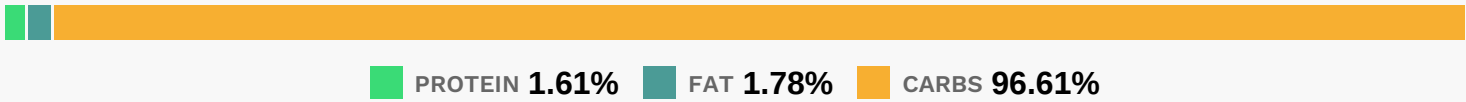
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a saucepan over medium heat, combine the blueberries, 1/4 cup of water, orange juice, and sugar. Stir gently, and bring to a boil.
- ☐ In a cup or small bowl, mix together the cornstarch and 1/4 cup cold water. Gently stir the cornstarch mixture into the blueberries so as not to mash the berries. Simmer gently until thick enough to coat the back of a metal spoon, 3 to 4 minutes.
- ☐ Remove from heat and stir in the almond extract and cinnamon. Thin sauce with water if it is too thick for your liking.

Nutrition Facts



Properties

Glycemic Index:20.89, Glycemic Load:16.52, Inflammation Score:-3, Nutrition Score:2.8230434552483%

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: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg 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: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 119.45kcal (5.97%), Fat: 0.25g (0.38%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 30.06g (10.02%), Net Carbohydrates: 29.07g (10.57%), Sugar: 25.03g (27.82%), Cholesterol: 0mg (0%), Sodium: 1.53mg (0.07%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 0.5g (1%), Vitamin C: 19.09mg (23.14%), Manganese: 0.14mg

(6.85%), Vitamin K: 7.18µg (6.84%), Fiber: 0.99g (3.97%), Folate: 11.52µg (2.88%), Vitamin B1: 0.04mg (2.77%), Potassium: 91.46mg (2.61%), Copper: 0.04mg (1.95%), Vitamin B2: 0.03mg (1.66%), Vitamin A: 82.07IU (1.64%), Vitamin B6: 0.03mg (1.59%), Vitamin E: 0.22mg (1.49%), Magnesium: 5.84mg (1.46%), Vitamin B3: 0.28mg (1.4%), Iron: 0.19mg (1.07%), Vitamin B5: 0.1mg (1.05%), Phosphorus: 10.14mg (1.01%)