

Blueberry Spread

 Gluten Free  Dairy Free  Low Fod Map

READY IN



735 min.

SERVINGS



16

CALORIES



21 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 cups blueberries fresh
- 1.5 teaspoons gelatin powder unflavored
- 2 teaspoons juice of lemon
- 0.8 cup water divided
- 3 tablespoons sugar white

Equipment

- sauce pan

Directions

- In a heavy saucepan over medium-high heat, combine blueberries, 1/2 cup water and lemon juice. Bring to a boil, then reduce heat and simmer gently for about 8 minutes, stirring frequently.
- Meanwhile, soak gelatin in 1/4 cup cold water.
- Remove blueberries from heat and stir in gelatin and sugar.
- Pour into hot, sterilized jars and seal. Cool and store in the refrigerator.

Nutrition Facts

PROTEIN 8.24% **FAT 2.83%** **CARBS 88.93%**

Properties

Glycemic Index:6.88, Glycemic Load:2.47, Inflammation Score:-1, Nutrition Score:0.74652174309544%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 20.6kcal (1.03%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 4.97g (1.66%), Net Carbohydrates: 4.52g (1.64%), Sugar: 4.1g (4.56%), Cholesterol: 0mg (0%), Sodium: 1.5mg (0.07%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.46g (0.92%), Vitamin K: 3.57µg (3.4%), Manganese: 0.06mg (3.14%), Vitamin C: 2.04mg (2.47%), Fiber: 0.45g (1.78%), Copper: 0.02mg (1.03%)