



Blueberry Syrup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



208 kcal

SIDE DISH

Ingredients

- 1 cup blueberries fresh
- 2 tablespoons plus light
- 1.5 teaspoons cornstarch
- 1 tablespoon juice of lemon fresh
- 0.3 cup sugar
- 2 tablespoons water

Equipment

- bowl

sauce pan

whisk

sieve

Directions

Combine sugar, corn syrup, and lemon juice in a medium saucepan; stir in blueberries. Bring to a boil, reduce heat, and simmer 3 minutes or until berries pop. Strain mixture through a sieve into a small bowl. Discard solids.

Combine cornstarch and water, stirring with a whisk; whisk into blueberry mixture. Bring to a boil, and boil 1 minute. Cool completely.

Nutrition Facts

PROTEIN 1.03% FAT 1.56% CARBS 97.41%

Properties

Glycemic Index:64.55, Glycemic Load:24.24, Inflammation Score:-3, Nutrition Score:3.0995652442393%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 208.05kcal (10.4%), Fat: 0.39g (0.6%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 54.41g (18.14%), Net Carbohydrates: 52.6g (19.13%), Sugar: 49.41g (54.89%), Cholesterol: 0mg (0%), Sodium: 15.59mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Vitamin K: 14.28µg (13.6%), Manganese: 0.25mg (12.57%), Vitamin C: 10.08mg (12.22%), Fiber: 1.81g (7.25%), Vitamin E: 0.43mg (2.89%), Vitamin B1: 0.04mg (2.81%), Copper: 0.05mg (2.41%), Vitamin B2: 0.04mg (2.13%), Vitamin B6: 0.04mg (2.1%), Potassium: 65.47mg (1.87%), Vitamin B3:

0.32mg (1.58%), Folate: 5.94µg (1.49%), Zinc: 0.22mg (1.49%), Magnesium: 5.3mg (1.33%), Iron: 0.23mg (1.29%),
Vitamin B5: 0.1mg (1.02%)