



Blueberry Topping

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



566 kcal

SIDE DISH

Ingredients

- 2 quarts blueberries rinsed drained
- 2 tablespoons juice of lemon
- 1 tablespoon lemon zest grated
- 4 cups water
- 3 cups sugar white

Equipment

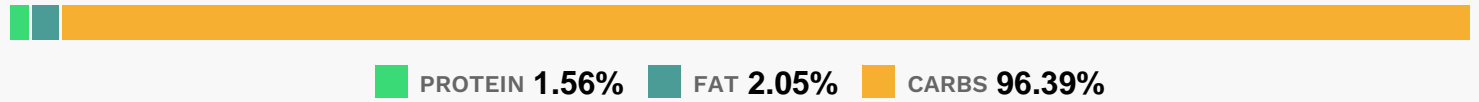
- sauce pan
- pot

- sieve
- potato masher
- cheesecloth

Directions

- Place blueberries in a large stockpot and crush with a potato masher.
- Add water and lemon peel; simmer over low heat for 5 minutes. Strain fruit through cheese cloth, metal strainer or food mill to remove pulp and seeds; reserve juice.
- In a large saucepan, mix sugar and 4 cups water. Bring to a boil, stirring occasionally, until temperature reaches 260 degrees F (125 degrees C).
- Add blueberry juice and boil for 1 minute. Stir in lemon juice and remove from heat.
- Let cool and freeze or can as desired.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:85.08, Inflammation Score:-7, Nutrition Score:12.128695607185%

Flavonoids

Cyanidin: 26.69mg, Cyanidin: 26.69mg, Cyanidin: 26.69mg, Cyanidin: 26.69mg Petunidin: 99.46mg, Petunidin: 99.46mg, Petunidin: 99.46mg, Petunidin: 99.46mg Delphinidin: 111.76mg, Delphinidin: 111.76mg, Delphinidin: 111.76mg, Delphinidin: 111.76mg Malvidin: 213.21mg, Malvidin: 213.21mg, Malvidin: 213.21mg, Malvidin: 213.21mg Peonidin: 64mg, Peonidin: 64mg, Peonidin: 64mg, Peonidin: 64mg Catechin: 16.69mg, Catechin: 16.69mg, Catechin: 16.69mg, Catechin: 16.69mg Epigallocatechin: 2.08mg, Epigallocatechin: 2.08mg, Epigallocatechin: 2.08mg, Epigallocatechin: 2.08mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 5.24mg, Kaempferol: 5.24mg, Kaempferol: 5.24mg, Kaempferol: 5.24mg Myricetin: 4.1mg, Myricetin: 4.1mg, Myricetin: 4.1mg, Myricetin: 4.1mg Quercetin: 24.21mg, Quercetin: 24.21mg, Quercetin: 24.21mg, Quercetin: 24.21mg Gallocatechin: 0.38mg, Gallocatechin: 0.38mg, Gallocatechin: 0.38mg, Gallocatechin: 0.38mg

Nutrients (% of daily need)

Calories: 566.38kcal (28.32%), Fat: 1.38g (2.12%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 145.85g (48.62%), Net Carbohydrates: 138.15g (50.24%), Sugar: 131.39g (145.99%), Cholesterol: 0mg (0%), Sodium: 12.15mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.73%), Vitamin K: 60.88µg (57.98%), Manganese: 1.06mg (53.23%), Vitamin C: 33.82mg (41%), Fiber: 7.69g (30.77%), Vitamin E: 1.81mg (12.05%), Copper: 0.21mg (10.69%), Vitamin B2: 0.15mg (8.82%), Vitamin B6: 0.17mg (8.4%), Vitamin B1: 0.12mg (7.9%), Potassium: 251.65mg (7.19%), Vitamin B3: 1.33mg (6.64%), Iron: 0.95mg (5.25%), Magnesium: 20.95mg (5.24%), Folate: 20.06µg (5.01%), Vitamin B5: 0.4mg (4.01%), Phosphorus: 38.37mg (3.84%), Zinc: 0.54mg (3.57%), Vitamin A: 171.14IU (3.42%), Calcium: 26.3mg (2.63%), Selenium: 0.93µg (1.32%)