



Blueberry Vinegar



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



13 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 small bay leaf
- ☐ 1 cup blueberries
- ☐ 2 tablespoons sugar
- ☐ 0.8 cup citrus champagne vinegar

Equipment

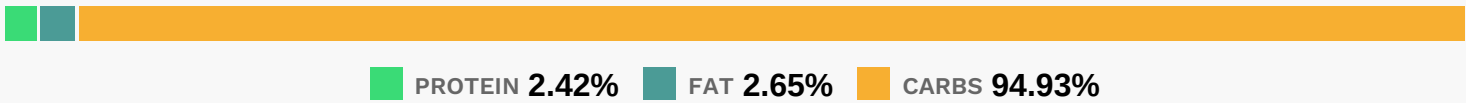
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

☐ potato masher

Directions

- ☐ Place blueberries in a small saucepan, and mash with a potato masher.
- ☐ Add white wine vinegar, 2 tablespoons sugar, and bay leaf to pan, and bring to a boil. Cover, reduce heat, and simmer for 10 minutes.
- ☐ Remove from heat; cover and let stand for 4 hours. Strain mixture through a fine sieve, and discard solids. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:1.49, Inflammation Score:-1, Nutrition Score:0.39173913253066%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 13.19kcal (0.66%), Fat: 0.04g (0.05%), Saturated Fat: 0g (0.02%), Carbohydrates: 2.87g (0.96%), Net Carbohydrates: 2.64g (0.96%), Sugar: 2.42g (2.69%), Cholesterol: 0mg (0%), Sodium: 1mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.15%), Manganese: 0.04mg (1.83%), Vitamin K: 1.79µg (1.7%), Vitamin C: 0.95mg (1.16%)