



Breakfast Blueberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



5

CALORIES



85 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



0.5 cup blueberries frozen



0.5 cup water



0.5 cup sugar white

Equipment

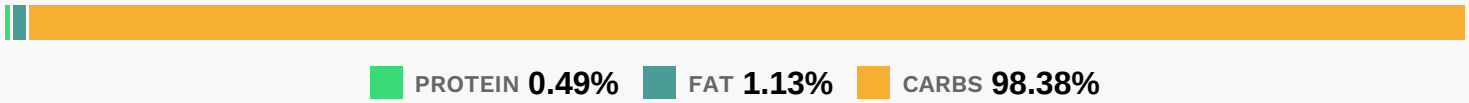


sauce pan

Directions

Stir water, sugar, and blueberries together in a saucepan and bring to a boil. Reduce heat to medium-low and simmer until the berries begin to pop and the syrup thickens, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:22.02, Glycemic Load:14.68, Inflammation Score:-1, Nutrition Score:0.58695652044338%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 85.44kcal (4.27%), Fat: 0.11g (0.17%), Saturated Fat: 0g (0.03%), Carbohydrates: 22.07g (7.36%), Net Carbohydrates: 21.71g (7.89%), Sugar: 21.43g (23.82%), Cholesterol: 0mg (0%), Sodium: 1.53mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.22%), Vitamin K: 2.86µg (2.72%), Manganese: 0.05mg (2.53%), Vitamin C: 1.44mg (1.74%), Fiber: 0.36g (1.42%)