

# Bumbleberry Syrup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



165 min.

SERVINGS



3

CALORIES



484 kcal

SIDE DISH

## Ingredients

- 1 cup blackberries
- 2 cups blueberries
- 1 tablespoon juice of lemon freshly squeezed
- 1 cup raspberries
- 1.5 cups sugar

## Equipment

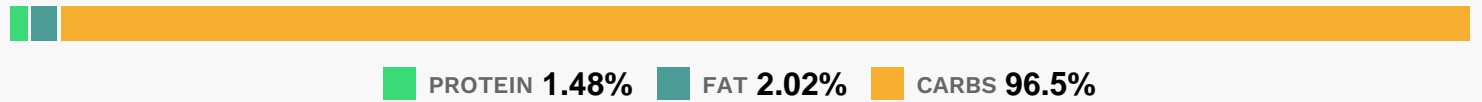
- bowl
- pot

- sieve
- cheesecloth

## Directions

- Combine the blueberries, raspberries, blackberries, and lemon juice in a large, heavy-bottomed pot.
- Add 1 cup of water and bring to a boil over medium-high heat. Reduce the heat and boil gently until the berries have softened and released most of their juices, about 5 minutes.
- Transfer berry mixture to a strainer lined with cheesecloth and set over a large bowl. Allow berry mixture to drain completely, about 2 hours. Discard the solids and reserve berry liquid.
- Combine sugar and 2 cups of water in a medium, heavy-bottomed pot. Bring to a boil, stirring to dissolve the sugar. Boil until the mixture reaches 230°F.
- Add the berry liquid and return to a boil. Boil for 5 minutes.
- Strain the syrup through a sieve into a large bowl. Stir in the lemon juice. The syrup can be ladled into jars and processed in a hot water bath. Preserved jars will keep for up to a year on the shelf. Otherwise, store the syrup in the refrigerator for up to two months.

## Nutrition Facts



## Properties

Glycemic Index:53.7, Glycemic Load:75.66, Inflammation Score:-6, Nutrition Score:9.813912977343%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 483.78kcal (24.19%), Fat: 1.15g (1.77%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 123.62g (41.21%), Net Carbohydrates: 116.1g (42.22%), Sugar: 113.86g (126.52%), Cholesterol: 0mg (0%), Sodium: 2.92mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.79%), Manganese: 0.91mg (45.71%), Vitamin C: 32.07mg (38.87%), Vitamin K: 31.67µg (30.16%), Fiber: 7.53g (30.11%), Vitamin E: 1.48mg (9.86%), Copper: 0.18mg (8.96%), Folate: 27.32µg (6.83%), Potassium: 221.28mg (6.32%), Magnesium: 24.62mg (6.16%), Vitamin B2: 0.09mg (5.17%), Iron: 0.9mg (5.02%), Vitamin B3: 0.97mg (4.83%), Vitamin B6: 0.09mg (4.5%), Vitamin B1: 0.06mg (4.01%), Zinc: 0.59mg (3.95%), Vitamin B5: 0.39mg (3.93%), Phosphorus: 34.4mg (3.44%), Vitamin A: 169.5IU (3.39%), Calcium: 31.14mg (3.11%), Selenium: 0.98µg (1.39%)