



Citrus Wild Blueberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



44 kcal

SAUCE

Ingredients

- ☐ 2 cups blueberries wild frozen
- ☐ 4 teaspoons cornstarch
- ☐ 2 tablespoons brown sugar dark
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest
- ☐ 0.5 cup orange juice
- ☐ 0.3 cup water

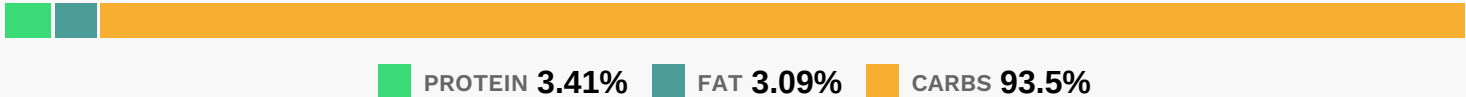
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring the blueberries, orange juice, and lemon juice to a boil in a small saucepan over medium heat. Stir in the lemon zest and cinnamon; adjust heat to low setting.
- ☐ Whisk together the water and cornstarch until there are no lumps. Stir the cornstarch mixture and brown sugar into the blueberry mixture until thickened.
- ☐ Remove from heat and allow to rest for 10 minutes before using.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:2.61, Inflammation Score:-2, Nutrition Score:2.2873912842377%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 44.37kcal (2.22%), Fat: 0.16g (0.25%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 11.18g (3.73%), Net Carbohydrates: 10.18g (3.7%), Sugar: 8g (8.89%), Cholesterol: 0mg (0%), Sodium: 1.88mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Vitamin C: 13.12mg (15.9%), Manganese: 0.14mg (7.02%),

Vitamin K: 7.18µg (6.83%), Fiber: 1g (4%), Potassium: 68.04mg (1.94%), Folate: 7.69µg (1.92%), Vitamin B1: 0.03mg (1.91%), Copper: 0.03mg (1.6%), Vitamin E: 0.22mg (1.5%), Vitamin B6: 0.03mg (1.45%), Vitamin B2: 0.02mg (1.21%), Magnesium: 4.6mg (1.15%), Vitamin B3: 0.23mg (1.13%), Vitamin A: 51.51IU (1.03%)