



Fresh Berries with Sour Cream Sauce



Vegetarian



Gluten Free

READY IN



7 min.

SERVINGS



8

CALORIES



65 kcal

SIDE DISH

Ingredients

- ☐ 2 cups blueberries fresh
- ☐ 2 tablespoons brown sugar
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 8 ounce carton nonfat cream sour
- ☐ 2 cups strawberries fresh sliced

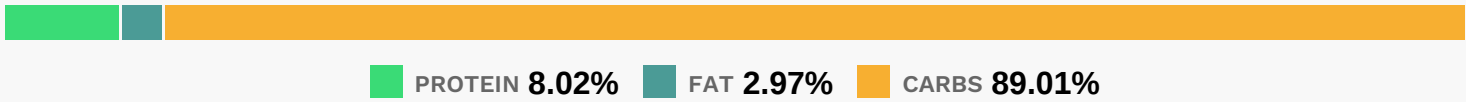
Equipment

- ☐ bowl

Directions

- ☐ Combine strawberries and blueberries; spoon 1/2 cup fruit mixture into each of 8 individual dessert bowls.
- ☐ Combine sour cream, brown sugar, and cinnamon; stir well. Spoon sour cream mixture evenly over fruit.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:10.63, Glycemic Load:2.61, Inflammation Score:-3, Nutrition Score:4.3465217222338%

Flavonoids

Cyanidin: 3.73mg, Cyanidin: 3.73mg, Cyanidin: 3.73mg, Cyanidin: 3.73mg Petunidin: 11.71mg, Petunidin: 11.71mg, Petunidin: 11.71mg, Petunidin: 11.71mg Delphinidin: 13.22mg, Delphinidin: 13.22mg, Delphinidin: 13.22mg, Delphinidin: 13.22mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 7.53mg, Peonidin: 7.53mg, Peonidin: 7.53mg, Peonidin: 7.53mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 65.07kcal (3.25%), Fat: 0.23g (0.35%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 15.52g (5.17%), Net Carbohydrates: 13.9g (5.05%), Sugar: 8.47g (9.41%), Cholesterol: 2.55mg (0.85%), Sodium: 41.55mg (1.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Vitamin C: 24.76mg (30.01%), Manganese: 0.27mg (13.53%), Vitamin K: 7.94µg (7.56%), Fiber: 1.62g (6.5%), Calcium: 46.22mg (4.62%), Phosphorus: 40.15mg (4.02%), Vitamin B2: 0.07mg (3.86%), Potassium: 124.27mg (3.55%), Folate: 14.01µg (3.5%), Magnesium: 10.02mg (2.51%), Selenium: 1.72µg (2.46%), Vitamin B1: 0.03mg (2.25%), Copper: 0.04mg (2.22%), Vitamin B6: 0.04mg (2.16%), Vitamin E:

0.32mg (2.11%), Vitamin A: 96.68IU (1.93%), Zinc: 0.25mg (1.69%), Vitamin B3: 0.32mg (1.59%), Iron: 0.28mg (1.53%),
Vitamin B12: 0.09µg (1.42%)