



Fresh Blueberry Sauce



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



59 kcal

SAUCE

Ingredients

- ☐ 1 cup blueberries fresh
- ☐ 1 teaspoon butter
- ☐ 0.1 teaspoon nutmeg
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.8 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup water

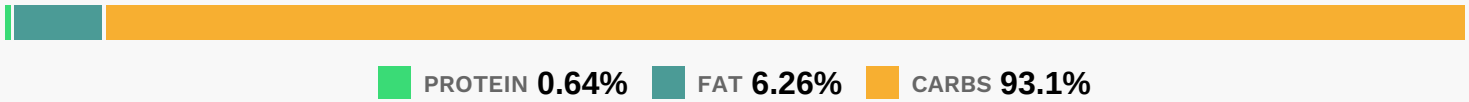
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine 1 cup water and sugar in a small saucepan over medium-high heat; bring to a boil. Cook 5 minutes or until sugar dissolves, stirring constantly.
- ☐ Add blueberries and remaining ingredients to pan; return to boil. Reduce heat to medium; cook 4 minutes or until berries pop, stirring occasionally.
- ☐ Remove from heat.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:9.33, Inflammation Score:-1, Nutrition Score:0.51826087393514%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 58.82kcal (2.94%), Fat: 0.43g (0.66%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 14.3g (4.77%), Net Carbohydrates: 14g (5.09%), Sugar: 13.74g (15.27%), Cholesterol: 0.9mg (0.3%), Sodium: 3.94mg (0.17%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Protein: 0.1g (0.2%), Vitamin K: 2.41µg (2.29%), Manganese: 0.04mg (2.15%), Vitamin C: 1.36mg (1.65%), Fiber: 0.3g (1.21%)