



Fresh Raspberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



56 kcal

SAUCE

Ingredients

- 1 tablespoon raspberries (raspberry brandy; optional)
- 0.5 teaspoon juice of lemon fresh
- 4 cups raspberries fresh divided
- 0.3 cup sugar

Equipment

- food processor
- bowl
- sieve

Directions

Combine 2 cups raspberries and sugar in a food processor; process until pureed. Press mixture through a fine sieve over a medium bowl; discard solids. Stir in remaining 2 cups raspberries, framboise, if desired, and lemon juice. Cover and chill.

Nutrition Facts

 PROTEIN 4.86%  FAT 6.22%  CARBS 88.92%

Properties

Glycemic Index:15.26, Glycemic Load:5.23, Inflammation Score:-2, Nutrition Score:4.062608724703%

Flavonoids

Cyanidin: 28.31mg, Cyanidin: 28.31mg, Cyanidin: 28.31mg, Cyanidin: 28.31mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.82mg, Delphinidin: 0.82mg, Delphinidin: 0.82mg, Delphinidin: 0.82mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.61mg, Pelargonidin: 0.61mg, Pelargonidin: 0.61mg, Pelargonidin: 0.61mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 56.29kcal (2.81%), Fat: 0.42g (0.65%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 13.61g (4.54%), Net Carbohydrates: 9.59g (3.49%), Sugar: 8.98g (9.98%), Cholesterol: 0mg (0%), Sodium: 0.68mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.49%), Manganese: 0.41mg (20.73%), Vitamin C: 16.33mg (19.79%), Fiber: 4.02g (16.08%), Vitamin K: 4.82µg (4.59%), Vitamin E: 0.54mg (3.59%), Magnesium: 13.63mg (3.41%), Folate: 13.05µg (3.26%), Copper: 0.06mg (2.81%), Potassium: 93.84mg (2.68%), Iron: 0.43mg (2.39%), Vitamin B5: 0.2mg (2.04%), Vitamin B3: 0.37mg (1.85%), Phosphorus: 17.96mg (1.8%), Zinc: 0.26mg (1.74%), Vitamin B6: 0.03mg (1.71%), Calcium: 15.54mg (1.55%), Vitamin B2: 0.02mg (1.46%), Vitamin B1: 0.02mg (1.32%)