



Homemade Blueberry Sauce

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



1

CALORIES



589 kcal

SAUCE

Ingredients

- 2.3 cups blueberries fresh
- 1 Tbsp juice of lemon fresh
- 1 tsp lemon zest
- 1 pinch salt
- 0.5 cup sugar
- 1 Tbsp cool whip whipped topping (for garnish)

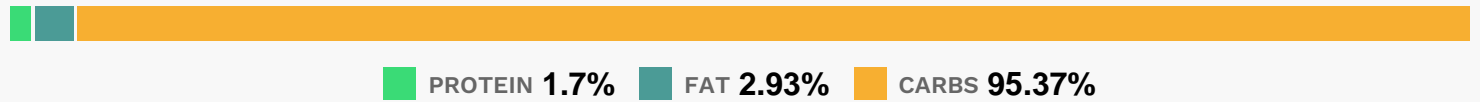
Equipment

- sauce pan

Directions

- Wash fresh blueberries. In a medium saucepan, crush 2 cups of the blueberries, setting a 1/4 cup aside.
- Add sugar, lemon juice and salt. Stir until combined.
- Bring blueberry mixture to a boil and add remaining blueberries.
- Boil a full minute.
- Add zest.
- Serve warm or chill to make the flavors really come out. Can be served warmed up or cold.

Nutrition Facts



Properties

Glycemic Index:110.09, Glycemic Load:85.93, Inflammation Score:-7, Nutrition Score:13.179999979942%

Flavonoids

Cyanidin: 28.17mg, Cyanidin: 28.17mg, Cyanidin: 28.17mg, Cyanidin: 28.17mg Petunidin: 104.99mg, Petunidin: 104.99mg, Petunidin: 104.99mg, Petunidin: 104.99mg Delphinidin: 117.98mg, Delphinidin: 117.98mg, Delphinidin: 117.98mg, Delphinidin: 117.98mg Malvidin: 225.07mg, Malvidin: 225.07mg, Malvidin: 225.07mg, Malvidin: 225.07mg Peonidin: 67.57mg, Peonidin: 67.57mg, Peonidin: 67.57mg, Peonidin: 67.57mg Catechin: 17.62mg, Catechin: 17.62mg, Catechin: 17.62mg, Catechin: 17.62mg Epigallocatechin: 2.2mg, Epigallocatechin: 2.2mg, Epigallocatechin: 2.2mg, Epigallocatechin: 2.2mg Epicatechin: 2.06mg, Epicatechin: 2.06mg, Epicatechin: 2.06mg, Epicatechin: 2.06mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 5.53mg, Kaempferol: 5.53mg, Kaempferol: 5.53mg, Kaempferol: 5.53mg Myricetin: 4.33mg, Myricetin: 4.33mg, Myricetin: 4.33mg, Myricetin: 4.33mg Quercetin: 25.6mg, Quercetin: 25.6mg, Quercetin: 25.6mg, Quercetin: 25.6mg Gallocatechin: 0.4mg, Gallocatechin: 0.4mg, Gallocatechin: 0.4mg, Gallocatechin: 0.4mg

Nutrients (% of daily need)

Calories: 589.13kcal (29.46%), Fat: 2.05g (3.15%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 150.3g (50.1%), Net Carbohydrates: 142.05g (51.66%), Sugar: 134.49g (149.43%), Cholesterol: 0.09mg (0.03%), Sodium: 46.6mg (2.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Vitamin K: 64.41µg (61.35%), Manganese: 1.12mg (56.24%), Vitamin C: 40.69mg (49.32%), Fiber: 8.25g (33%), Vitamin E: 1.95mg (12.99%), Copper: 0.2mg (10.08%), Vitamin B2: 0.16mg (9.61%), Vitamin B6: 0.18mg (9.22%), Vitamin B1: 0.13mg (8.59%),

Potassium: 281.61mg (8.05%), Vitamin B3: 1.42mg (7.09%), Folate: 23.38µg (5.84%), Iron: 1.02mg (5.64%),
Magnesium: 21.5mg (5.37%), Phosphorus: 44.73mg (4.47%), Vitamin B5: 0.44mg (4.39%), Zinc: 0.56mg (3.73%),
Vitamin A: 185.05IU (3.7%), Calcium: 27.78mg (2.78%), Selenium: 1.07µg (1.53%)