



Lemon-Blueberry Dice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



15

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8.8 ounce blueberries fresh
- ☐ 12 ounce cartons lemon 60-calorie yogurt light such as Dannon & Fit
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup sugar
- ☐ 0.5 cup water

Equipment

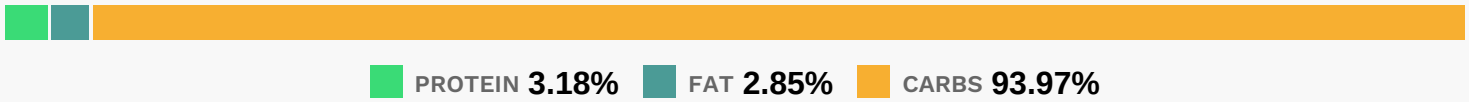
- ☐ bowl
- ☐ sauce pan

Directions

- ☐
- Combine sugar and water in a small saucepan; bring to a boil, stirring constantly. Boil 30 seconds, remove from heat, and let cool 510 minutes.

☐☐

Nutrition Facts



Properties

Glycemic Index:9.04, Glycemic Load:5.84, Inflammation Score:-2, Nutrition Score:1.8100000101587%

Flavonoids

Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg Petunidin: 5.24mg, Petunidin: 5.24mg, Petunidin: 5.24mg, Petunidin: 5.24mg Delphinidin: 5.89mg, Delphinidin: 5.89mg, Delphinidin: 5.89mg, Delphinidin: 5.89mg Malvidin: 11.24mg, Malvidin: 11.24mg, Malvidin: 11.24mg, Malvidin: 11.24mg Peonidin: 3.37mg, Peonidin: 3.37mg, Peonidin: 3.37mg, Peonidin: 3.37mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 5.04mg, Eriodictyol: 5.04mg, Eriodictyol: 5.04mg, Eriodictyol: 5.04mg Hesperetin: 6.92mg, Hesperetin: 6.92mg, Hesperetin: 6.92mg, Hesperetin: 6.92mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 42.62kcal (2.13%), Fat: 0.15g (0.24%), Saturated Fat: 0.02g (0.09%), Carbohydrates: 11.45g (3.82%), Net Carbohydrates: 10.4g (3.78%), Sugar: 8.98g (9.98%), Cholesterol: 0mg (0%), Sodium: 1.12mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.77%), Vitamin C: 15.21mg (18.43%), Fiber: 1.05g (4.19%), Manganese: 0.06mg (3.17%), Vitamin K: 3.21µg (3.06%), Vitamin B6: 0.03mg (1.43%), Potassium: 48.43mg (1.38%), Folate: 4.31µg (1.08%), Vitamin B1: 0.02mg (1.08%), Iron: 0.19mg (1.05%), Copper: 0.02mg (1.01%)