



Luscious Blueberry Syrup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



58 kcal

SIDE DISH

Ingredients

- 2 cups blueberries fresh
- 1 tablespoon cornstarch
- 0.5 cup sugar
- 0.3 cup water

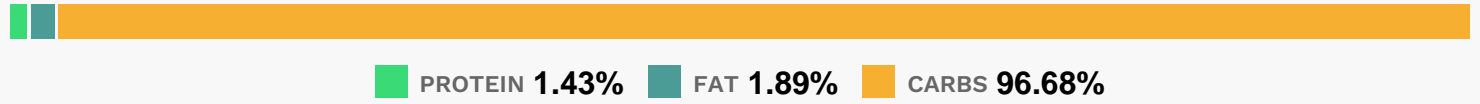
Equipment

- sauce pan

Directions

- In a saucepan over medium heat, combine sugar and cornstarch. Stir in water gradually.
- Add berries; bring to a boil. Boil, stirring constantly, for one minute, or until mixture thickens.
- Serve warm, or pour into a covered jar and keep in the refrigerator for several days.

Nutrition Facts



Properties

Glycemic Index:11.01, Glycemic Load:8.41, Inflammation Score:-1, Nutrition Score:1.116086964374%

Flavonoids

Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 58.42kcal (2.92%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 14.98g (4.99%), Net Carbohydrates: 14.26g (5.19%), Sugar: 12.93g (14.36%), Cholesterol: 0mg (0%), Sodium: 0.86mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.44%), Vitamin K: 5.71µg (5.44%), Manganese: 0.1mg (5.01%), Vitamin C: 2.87mg (3.48%), Fiber: 0.72g (2.87%), Vitamin E: 0.17mg (1.12%)