



Maple-Blueberry Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



12 ounce blueberries frozen



1 tablespoon juice of lemon fresh



2 cups maple syrup

Equipment



bowl

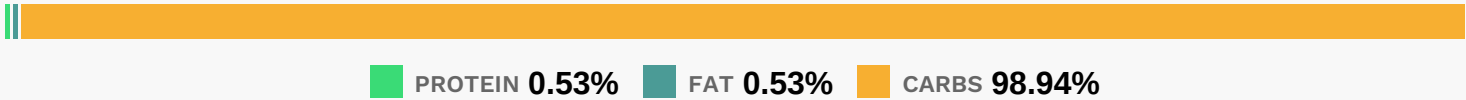


sauce pan

Directions

- ☐ Combine the maple syrup and blueberries in a medium saucepan. Bring to a boil over medium-high heat, stirring occasionally.
- ☐ Remove from heat; stir in the juice.
- ☐ Pour into a bowl, and cover and chill.
- ☐ Serve warm.
- ☐ Note: Store in the refrigerator for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:4.78, Glycemic Load:10.93, Inflammation Score:-1, Nutrition Score:4.7039129985901%

Flavonoids

Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg Petunidin: 6.7mg, Petunidin: 6.7mg, Petunidin: 6.7mg, Petunidin: 6.7mg Delphinidin: 7.53mg, Delphinidin: 7.53mg, Delphinidin: 7.53mg, Delphinidin: 7.53mg Malvidin: 14.37mg, Malvidin: 14.37mg, Malvidin: 14.37mg, Malvidin: 14.37mg Peonidin: 4.31mg, Peonidin: 4.31mg, Peonidin: 4.31mg, Peonidin: 4.31mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 121kcal (6.05%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 30.27g (10.09%), Net Carbohydrates: 29.75g (10.82%), Sugar: 26.26g (29.18%), Cholesterol: 0mg (0%), Sodium: 3.84mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Manganese: 1mg (49.87%), Vitamin B2: 0.52mg (30.59%), Calcium: 45.2mg (4.52%), Vitamin K: 4.1µg (3.91%), Potassium: 107.9mg (3.08%), Vitamin C: 2.43mg (2.94%), Magnesium: 9.78mg (2.45%), Vitamin B1: 0.03mg (2.31%), Zinc: 0.32mg (2.11%), Fiber: 0.51g (2.05%)