



Merry Berry Filling

 Vegetarian  Gluten Free

READY IN



405 min.

SERVINGS



15

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 2 tablespoons cornstarch
- 1 cup cranberries fresh
- 1 cup raspberries fresh
- 1 cup strawberries fresh chopped
- 0.5 cup sugar
- 1 tablespoon water cold
- 3 tablespoons water

Equipment

- sauce pan
- whisk

Directions

- Cook first 4 ingredients in a medium saucepan over medium–low heat, stirring often, 3 to 4 minutes or until cranberries begin to pop.
- Whisk together cornstarch and 1 Tbsp. cold water until smooth; add to cranberry mixture, and cook, stirring constantly, 1 minute. Stir in strawberries and butter until butter is melted. Cool to room temperature (about 30 minutes). Cover and chill 6 hours.

Nutrition Facts



Properties

Glycemic Index:15.41, Glycemic Load:5.24, Inflammation Score:-1, Nutrition Score:1.4178260929235%

Flavonoids

Cyanidin: 6.92mg, Cyanidin: 6.92mg, Cyanidin: 6.92mg, Cyanidin: 6.92mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.65mg, Delphinidin: 0.65mg, Delphinidin: 0.65mg, Delphinidin: 0.65mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 2.49mg, Pelargonidin: 2.49mg, Pelargonidin: 2.49mg, Pelargonidin: 2.49mg Peonidin: 3.29mg, Peonidin: 3.29mg, Peonidin: 3.29mg, Peonidin: 3.29mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 53.41kcal (2.67%), Fat: 1.63g (2.5%), Saturated Fat: 0.96g (6.02%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 9.14g (3.32%), Sugar: 7.76g (8.62%), Cholesterol: 4.01mg (1.34%), Sodium: 12.67mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.42%), Vitamin C: 8.67mg (10.51%), Manganese: 0.12mg

(5.77%), Fiber: 0.96g (3.85%), Vitamin E: 0.23mg (1.52%), Vitamin K: 1.3µg (1.24%), Vitamin A: 54.44IU (1.09%),
Folate: 4.11µg (1.03%)