



Mixed Berry Blend



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



108 kcal

SIDE DISH

Ingredients



2 cups raspberries fresh



4 cups strawberries fresh quartered



1 cup sugar

Equipment



food processor

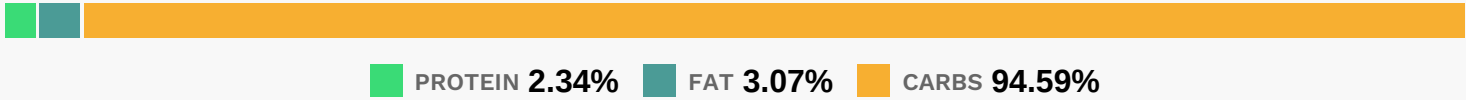


bowl

Directions

- ☐ Process all ingredients in a food processor 30 to 45 seconds.
- ☐ Transfer mixture to a large bowl; cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:13.61, Glycemic Load:15.61, Inflammation Score:-3, Nutrition Score:4.9786956051122%

Flavonoids

Cyanidin: 11.95mg, Cyanidin: 11.95mg, Cyanidin: 11.95mg, Cyanidin: 11.95mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 14.55mg, Pelargonidin: 14.55mg, Pelargonidin: 14.55mg, Pelargonidin: 14.55mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 107.91kcal (5.4%), Fat: 0.39g (0.6%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 27.2g (9.07%), Net Carbohydrates: 24.49g (8.9%), Sugar: 23.84g (26.49%), Cholesterol: 0mg (0%), Sodium: 1.02mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.35%), Vitamin C: 40.16mg (48.67%), Manganese: 0.38mg (19.2%), Fiber: 2.71g (10.85%), Folate: 18.86µg (4.72%), Potassium: 124.77mg (3.56%), Magnesium: 12.77mg (3.19%), Vitamin K: 3.14µg (2.99%), Copper: 0.05mg (2.53%), Vitamin E: 0.38mg (2.51%), Iron: 0.41mg (2.29%), Phosphorus: 20.78mg (2.08%), Vitamin B6: 0.04mg (2.01%), Vitamin B3: 0.37mg (1.83%), Calcium: 15.42mg (1.54%), Vitamin B5: 0.15mg (1.51%), Vitamin B2: 0.03mg (1.51%), Vitamin B1: 0.02mg (1.43%), Zinc: 0.18mg (1.22%)