



Mixed Berry Filling



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



167 kcal

SIDE DISH

Ingredients



2 cups blueberries frozen



0.3 cup flour all-purpose



0.5 cup sugar

Equipment



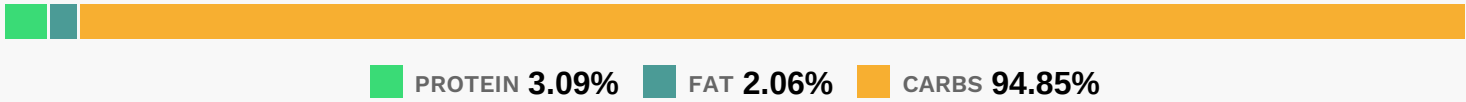
bowl

Directions

- ☐
- Combine sugar and flour in a medium bowl, stirring well.

☐

Nutrition Facts



Properties

Glycemic Index:46.27, Glycemic Load:25.35, Inflammation Score:-3, Nutrition Score:3.8343477508296%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 166.87kcal (8.34%), Fat: 0.4g (0.62%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 41.59g (13.86%), Net Carbohydrates: 39.6g (14.4%), Sugar: 32.34g (35.93%), Cholesterol: 0mg (0%), Sodium: 1.15mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.71%), Manganese: 0.3mg (15.15%), Vitamin K: 14.31µg (13.62%), Vitamin C: 7.18mg (8.7%), Fiber: 1.99g (7.95%), Vitamin B1: 0.09mg (5.91%), Folate: 18.74µg (4.68%), Vitamin B2: 0.07mg (4.33%), Selenium: 2.87µg (4.1%), Vitamin B3: 0.77mg (3.85%), Iron: 0.58mg (3.23%), Vitamin E: 0.43mg (2.84%), Copper: 0.06mg (2.76%), Vitamin B6: 0.04mg (2.1%), Potassium: 65.84mg (1.88%), Phosphorus: 17.32mg (1.73%), Magnesium: 6.16mg (1.54%), Vitamin B5: 0.13mg (1.26%), Zinc: 0.18mg (1.17%)