



Preserved: Raspberry Honey



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



1093 kcal

CONDIMENT

DIP

SPREAD

Ingredients



2 cups honey such as clover



2 cups raspberries dried fresh rinsed

Equipment



bowl



frying pan



sauce pan



sieve

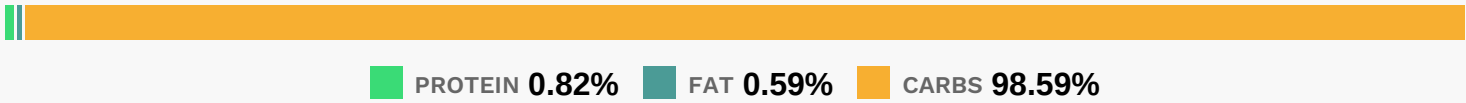


funnel

Directions

- ☐ Wash two half-pint jars and lids.
- ☐ Combine honey and berries in medium saucepan. Cook over medium heat until just boiling, mashing berries with back of spoon. Immediately remove pan from heat and pour honey mixture through fine mesh sieve into bowl.
- ☐ Pour or funnel honey into prepared jars. Allow honey to cool completely uncovered, then seal jars and store for up to one year at room temperature.

Nutrition Facts



Properties

Glycemic Index:39.14, Glycemic Load:147.35, Inflammation Score:-2, Nutrition Score:10.84826079918%

Flavonoids

Cyanidin: 54.92mg, Cyanidin: 54.92mg, Cyanidin: 54.92mg, Cyanidin: 54.92mg Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg Pelargonidin: 1.18mg, Pelargonidin: 1.18mg, Pelargonidin: 1.18mg, Pelargonidin: 1.18mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 1092.96kcal (54.65%), Fat: 0.78g (1.2%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 293.62g (97.87%), Net Carbohydrates: 285.14g (103.69%), Sugar: 283.62g (315.14%), Cholesterol: 0mg (0%), Sodium: 14.76mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.91%), Manganese: 1.08mg (53.76%), Vitamin C: 33.13mg (40.16%), Fiber: 8.48g (33.91%), Iron: 2.25mg (12.51%), Copper: 0.23mg (11.5%), Vitamin B2: 0.17mg (10.26%), Potassium: 357.48mg (10.21%), Vitamin K: 9.36µg (8.91%), Zinc: 1.25mg (8.33%), Magnesium: 33.18mg (8.3%), Folate: 31.98µg (8%), Vitamin B6: 0.15mg (7.37%), Vitamin E: 1.04mg (6.96%), Vitamin B5: 0.63mg (6.25%), Vitamin B3: 1.13mg (5.64%), Calcium: 50.34mg (5.03%), Phosphorus: 48.36mg (4.84%), Selenium: 2.95µg (4.22%), Vitamin B1: 0.04mg (2.56%)