



Raspberry-Blueberry Snow Cones



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



1500 min.

SERVINGS



8

CALORIES



79 kcal

DESSERT

Ingredients

- ☐ 10 ounces blueberries
- ☐ 8 cups lightly ice with an ice shaver, preferably manual) packed shaved
- ☐ 6 ounces raspberries
- ☐ 0.5 cup sugar
- ☐ 0.5 cup water

Equipment

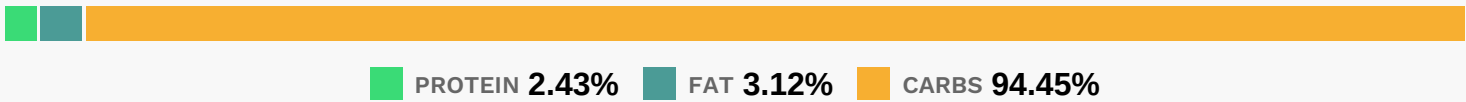
- ☐ bowl
- ☐ sauce pan

- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ potato masher

Directions

- ☐ Coarsely mash 1 1/2 cups raspberries and 2 cups blueberries with sugar and water in a 2- to 3-quart heavy saucepan using a potato masher. Bring to a boil, stirring, then boil, uncovered, stirring occasionally, 3 minutes.
- ☐ Transfer to a blender and purée until almost smooth, about 1 minute (use caution when blending hot liquids).
- ☐ Pour berry mixture through a fine-mesh sieve into a bowl, pressing lightly on and then discarding solids. Cool syrup, uncovered, then chill, its surface loosely covered with plastic wrap, until cold, about 1 hour.
- ☐ For each serving, spoon 3 tablespoons syrup over 1 cup lightly packed shaved ice and top with 1/4 cup of remaining mixed berries.
- ☐ Serve immediately.
- ☐ Syrup can be chilled in an airtight container up to 1 week.

Nutrition Facts



Properties

Glycemic Index:17.01, Glycemic Load:10.74, Inflammation Score:-2, Nutrition Score:2.8691304649996%

Flavonoids

Cyanidin: 12.73mg, Cyanidin: 12.73mg, Cyanidin: 12.73mg, Cyanidin: 12.73mg Petunidin: 11.24mg, Petunidin: 11.24mg, Petunidin: 11.24mg, Petunidin: 11.24mg Delphinidin: 12.84mg, Delphinidin: 12.84mg, Delphinidin: 12.84mg, Delphinidin: 12.84mg Malvidin: 23.98mg, Malvidin: 23.98mg, Malvidin: 23.98mg, Malvidin: 23.98mg Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg Peonidin: 7.22mg, Peonidin: 7.22mg, Peonidin: 7.22mg, Peonidin: 7.22mg Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg Epigallocatechin 3-gallate:

0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg
Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.6mg, Kaempferol: 0.6mg,
Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin:
0.46mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg Gallocatechin: 0.04mg,
Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 79.38kcal (3.97%), Fat: 0.3g (0.45%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 20.12g (6.71%), Net
Carbohydrates: 17.89g (6.5%), Sugar: 16.94g (18.83%), Cholesterol: 0mg (0%), Sodium: 13.26mg (0.58%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.03%), Manganese: 0.26mg (13.1%), Vitamin C: 9.01mg (10.92%),
Fiber: 2.23g (8.93%), Vitamin K: 8.5µg (8.09%), Copper: 0.08mg (4.02%), Vitamin E: 0.39mg (2.58%), Magnesium:
9.32mg (2.33%), Potassium: 59.64mg (1.7%), Folate: 6.59µg (1.65%), Calcium: 15.11mg (1.51%), Vitamin B6: 0.03mg
(1.51%), Vitamin B2: 0.03mg (1.47%), Iron: 0.25mg (1.4%), Vitamin B3: 0.28mg (1.38%), Vitamin B1: 0.02mg (1.33%),
Zinc: 0.17mg (1.15%), Vitamin B5: 0.11mg (1.14%), Phosphorus: 10.42mg (1.04%)