



Raspberry Chambord Caramel Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



203 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup chambord liqueur
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup raspberries divided
- ☐ 1 cup sugar

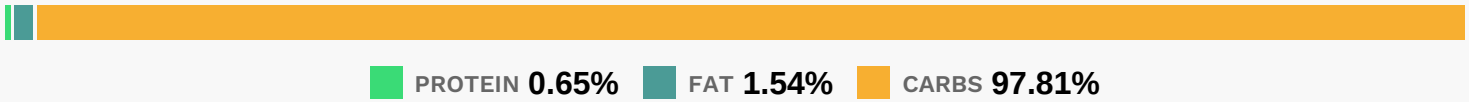
Equipment

- ☐ sauce pan

Directions

- ☐ In a medium saucepan, combine sugar and 1/2 cup water. Boil over high heat (don't stir) until a spot starts to turn brown, about 8 minutes.
- ☐ Turn off heat and add 1/2 cup raspberries, Chambord, and lemon juice. Stir until well combined, then add another 1/2 cup raspberries.

Nutrition Facts



Properties

Glycemic Index:19.22, Glycemic Load:28.26, Inflammation Score:-1, Nutrition Score:1.7521739031958%

Flavonoids

Cyanidin: 10.98mg, Cyanidin: 10.98mg, Cyanidin: 10.98mg, Cyanidin: 10.98mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 203.48kcal (10.17%), Fat: 0.33g (0.5%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 46.7g (15.57%), Net Carbohydrates: 45.13g (16.41%), Sugar: 44.86g (49.84%), Cholesterol: 0mg (0%), Sodium: 1.61mg (0.07%), Alcohol: 3.07g (100%), Alcohol %: 4.93% (100%), Caffeine: 3.07mg (1.02%), Protein: 0.31g (0.62%), Vitamin C: 7.45mg (9.03%), Manganese: 0.16mg (8.24%), Fiber: 1.57g (6.28%), Vitamin K: 1.87µg (1.78%), Copper: 0.03mg (1.48%), Magnesium: 5.81mg (1.45%), Vitamin E: 0.21mg (1.42%), Folate: 5.64µg (1.41%), Potassium: 43.67mg (1.25%), Vitamin B2: 0.02mg (1.09%), Iron: 0.2mg (1.08%)