

Raspberry Coulis

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



117 kcal

SIDE DISH

Ingredients

- 2 tablespoons cornstarch
- 0.3 cup juice of lime fresh (4 limes)
- 4.5 cups raspberries fresh ()
- 0.8 cup sugar
- 2.5 cups water divided

Equipment

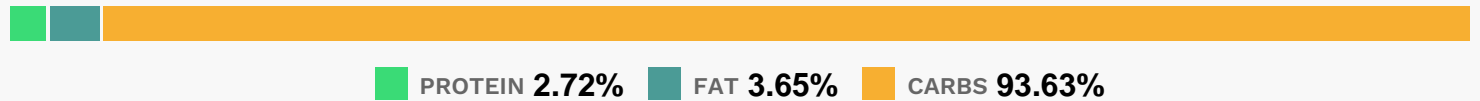
- bowl
- sauce pan

- whisk
- sieve
- blender

Directions

- Place raspberries and 1 cup water in a blender; process until smooth. Strain raspberry mixture through a fine sieve; discard solids.
- Combine raspberry puree, remaining 1 1/2 cups water, and sugar in a small saucepan.
- Combine juice and cornstarch in a small bowl, stirring with a whisk until blended.
- Add cornstarch mixture to raspberry mixture; bring to a boil over medium heat. Cook 5 minutes or until thickened, stirring constantly. Strain through a fine sieve; discard solids. Cool. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:12.01, Glycemic Load:14.04, Inflammation Score:-2, Nutrition Score:4.7030435049016%

Flavonoids

Cyanidin: 30.89mg, Cyanidin: 30.89mg, Cyanidin: 30.89mg, Cyanidin: 30.89mg Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg Delphinidin: 0.89mg, Delphinidin: 0.89mg, Delphinidin: 0.89mg, Delphinidin: 0.89mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.66mg, Pelargonidin: 0.66mg, Pelargonidin: 0.66mg, Pelargonidin: 0.66mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 2.38mg, Epicatechin: 2.38mg, Epicatechin: 2.38mg, Epicatechin: 2.38mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 116.8kcal (5.84%), Fat: 0.5g (0.78%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 29.17g (9.72%), Net Carbohydrates: 24.73g (8.99%), Sugar: 21.82g (24.25%), Cholesterol: 0mg (0%), Sodium: 4.89mg (0.21%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.69%), Vitamin C: 19.95mg (24.19%), Manganese: 0.46mg (22.77%), Fiber: 4.44g (17.74%), Vitamin K: 5.31µg (5.06%), Magnesium: 16.25mg (4.06%), Vitamin E: 0.6mg (4.03%), Copper: 0.08mg (3.85%), Folate: 14.93µg (3.73%), Potassium: 111.21mg (3.18%), Iron: 0.49mg (2.73%), Vitamin B5: 0.23mg (2.31%), Phosphorus: 20.89mg (2.09%), Vitamin B3: 0.41mg (2.07%), Calcium: 20.38mg (2.04%), Zinc: 0.3mg (2%), Vitamin B6: 0.04mg (2%), Vitamin B2: 0.03mg (1.79%), Vitamin B1: 0.02mg (1.57%)