



Raspberry Coulis



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



20

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 tbsp juice of lemon



2 cups raspberries fresh



0.5 cup sugar

Equipment



sauce pan



sieve

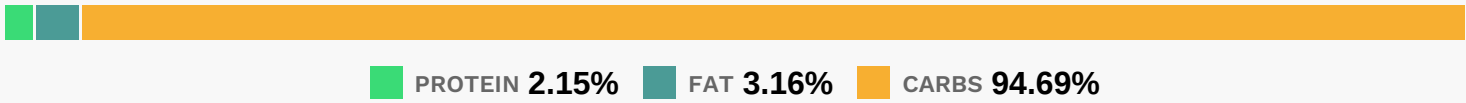


spatula

Directions

- ☐
- In a medium saucepan over medium-high heat, bring raspberries and 1/2 cup sugar to a boil. Reduce heat and simmer, stirring occasionally, until mixture starts to thicken, about 15 minutes.
- ☐
- Press mixture through a fine-mesh strainer, using a spatula to extract as much liquid as possible. Discard seeds and skins. Stir in 1 tbsp. lemon juice. Taste and add more sugar or lemon juice if you like.
- ☐
- Serve coulis warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:4.8, Glycemic Load:3.66, Inflammation Score:-1, Nutrition Score:0.81304348810859%

Flavonoids

Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 25.66kcal (1.28%), Fat: 0.1g (0.15%), Saturated Fat: 0g (0.02%), Carbohydrates: 6.46g (2.15%), Net Carbohydrates: 5.68g (2.06%), Sugar: 5.54g (6.15%), Cholesterol: 0mg (0%), Sodium: 0.18mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.29%), Vitamin C: 3.43mg (4.16%), Manganese: 0.08mg (4.03%), Fiber: 0.78g (3.13%)