



Raspberry Currant Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



79 kcal

SAUCE

Ingredients

- 1.5 teaspoons cornstarch
- 10 ounce raspberries unsweetened frozen thawed
- 0.5 cup currant jelly red
- 1 tablespoon water cold

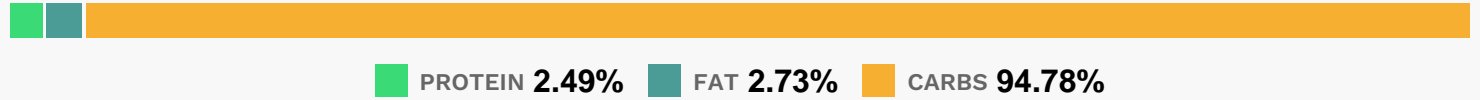
Equipment

- sauce pan
- sieve

Directions

- Combine the raspberries and jelly in a saucepan over medium heat and bring to a boil.
- Mix the cold water and cornstarch; stir into the raspberry mixture. Bring to a boil, stirring constantly; boil and stir one minute. Cool.
- Press through a sieve to remove seeds. (Don't skip this step!) Chill before serving.

Nutrition Facts



Properties

Glycemic Index:10.13, Glycemic Load:8.42, Inflammation Score:-1, Nutrition Score:2.7434783234544%

Flavonoids

Cyanidin: 16.22mg, Cyanidin: 16.22mg, Cyanidin: 16.22mg, Cyanidin: 16.22mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 78.93kcal (3.95%), Fat: 0.25g (0.38%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 16.66g (6.06%), Sugar: 11.87g (13.19%), Cholesterol: 0mg (0%), Sodium: 7.28mg (0.32%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.5g (1.01%), Vitamin C: 11.15mg (13.52%), Manganese: 0.25mg (12.31%), Fiber: 2.54g (10.16%), Copper: 0.05mg (2.68%), Vitamin K: 2.76µg (2.63%), Folate: 9.78µg (2.44%), Vitamin E: 0.33mg (2.23%), Magnesium: 8.68mg (2.17%), Potassium: 69.88mg (2%), Iron: 0.35mg (1.95%), Vitamin B2: 0.03mg (1.74%), Phosphorus: 14.36mg (1.44%), Calcium: 13.17mg (1.32%), Vitamin B5: 0.12mg (1.21%), Vitamin B6: 0.02mg (1.19%), Vitamin B3: 0.22mg (1.1%), Zinc: 0.16mg (1.08%)