



Raspberry-Honey Coulis



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup honey
- ☐ 0.8 cup orange juice
- ☐ 2 tablespoons powdered sugar
- ☐ 2 cups raspberries fresh

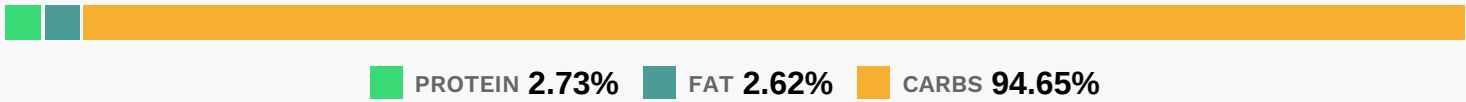
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

☐ Combine all ingredients in a blender, and process until smooth. Press mixture through a sieve over a bowl, reserving liquid; discard seeds.

Nutrition Facts



Properties

Glycemic Index:4.07, Glycemic Load:1.93, Inflammation Score:-1, Nutrition Score:0.78130434032368%

Flavonoids

Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 19.2kcal (0.96%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0.02%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 4.4g (1.6%), Sugar: 4.21g (4.68%), Cholesterol: 0mg (0%), Sodium: 0.28mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.28%), Vitamin C: 4.89mg (5.93%), Manganese: 0.05mg (2.7%), Fiber: 0.51g (2.02%)