

Raspberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



35 kcal

SAUCE

Ingredients

- 0.3 cup plus light
- 10 oz raspberries in lite syrup pureed red frozen thawed
- 0.3 cup orange juice

Equipment

Directions

- Mix ingredients until well blended; cover.

Refrigerate until ready to serve.

Nutrition Facts

PROTEIN 0.46% **FAT 0.83%** **CARBS 98.71%**

Properties

Glycemic Index:7.1, Glycemic Load:1.99, Inflammation Score:-1, Nutrition Score:0.324347825235%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 34.96kcal (1.75%), Fat: 0.04g (0.05%), Saturated Fat: 0g (0.01%), Carbohydrates: 9.37g (3.12%), Net Carbohydrates: 9.36g (3.4%), Sugar: 9.25g (10.28%), Cholesterol: 0mg (0%), Sodium: 7.11mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.09%), Vitamin C: 3.1mg (3.76%)