



Raspberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



63 kcal

SAUCE

Ingredients



1 tablespoon juice of lemon



2.5 cups raspberries fresh



0.5 cup raspberry jam seedless

Equipment



bowl

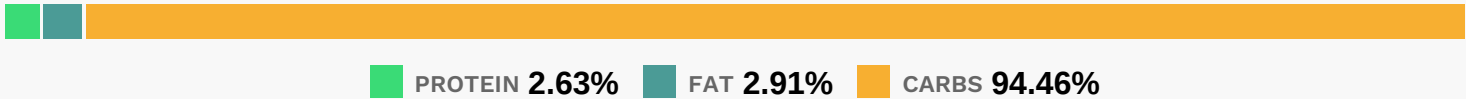


sauce pan

Directions

- ☐ Melt jam over low heat in a small saucepan; stir in lemon juice.
- ☐ Combine jam mixture and raspberries in a bowl; stir gently to combine.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:8.1, Glycemic Load:6.76, Inflammation Score:-1, Nutrition Score:2.3434782345658%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 63.19kcal (3.16%), Fat: 0.21g (0.32%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 13.24g (4.82%), Sugar: 9.61g (10.68%), Cholesterol: 0mg (0%), Sodium: 5.76mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.86%), Vitamin C: 9.94mg (12.04%), Manganese: 0.21mg (10.4%), Fiber: 2.14g (8.57%), Vitamin K: 2.34µg (2.23%), Copper: 0.04mg (2.21%), Folate: 8.47µg (2.12%), Vitamin E: 0.28mg (1.89%), Magnesium: 7.37mg (1.84%), Potassium: 59.94mg (1.71%), Iron: 0.29mg (1.62%), Vitamin B2: 0.02mg (1.44%), Phosphorus: 12.05mg (1.2%), Calcium: 10.99mg (1.1%), Vitamin B5: 0.1mg (1.04%), Vitamin B6: 0.02mg (1.03%)