



Raspberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



30 kcal

SAUCE

Ingredients



2 tablespoons cornstarch



10 1 (10 ounce) package frozen raspberries – thawed and drained frozen thawed drained



2 tablespoons raspberry liqueur flavored



0.3 cup sugar white

Equipment

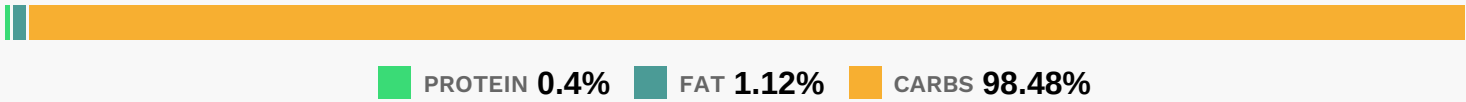


sauce pan

Directions

- ☐ Add enough water to reserved juice to measure 1 cup. Stir together sugar and cornstarch in 1-quart saucepan. Stir in juice and raspberries.
- ☐ Heat to boiling over medium heat. Boil and stir 1 minute; strain. Stir in liqueur. Cool slightly before serving. Refrigerate any remaining sauce.

Nutrition Facts



Properties

Glycemic Index:8.01, Glycemic Load:2.93, Inflammation Score:-1, Nutrition Score:0.13304347682582%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 29.69kcal (1.48%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.02%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 6.25g (2.27%), Sugar: 5.04g (5.6%), Cholesterol: 0mg (0%), Sodium: 0.38mg (0.02%), Alcohol: 0.65g (100%), Alcohol %: 8.52% (100%), Protein: 0.03g (0.05%)