



WHATSHATE

Raspberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



8

CALORIES



64 kcal

SAUCE

Ingredients



2 tablespoons cornstarch



2 tablespoons orange juice



1 pint raspberries fresh



1 cup water cold



0.3 cup sugar white

Equipment



sauce pan



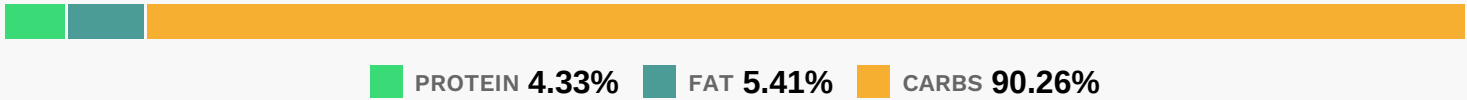
whisk

- ☐ sieve
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Combine the raspberries, sugar, and orange juice in a saucepan.
- ☐ Whisk the cornstarch into the cold water until smooth.
- ☐ Add the mixture to the saucepan and bring to a boil.
- ☐ Simmer for about 5 minutes, stirring constantly, until the desired consistency is reached. The sauce will thicken further as it cools.
- ☐ Puree the sauce in a blender or with a handheld immersion blender and strain it through a fine sieve.
- ☐ Serve warm or cold. The sauce will keep in the refrigerator for up to two weeks.

Nutrition Facts



Properties

Glycemic Index:18.51, Glycemic Load:5.42, Inflammation Score:-2, Nutrition Score:4.0995652312818%

Flavonoids

Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 64.35kcal (3.22%), Fat: 0.41g (0.64%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 11.66g (4.24%), Sugar: 9.21g (10.23%), Cholesterol: 0mg (0%), Sodium: 2.36mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.49%), Vitamin C: 17.62mg (21.36%), Manganese: 0.4mg (19.91%), Fiber: 3.87g (15.48%), Vitamin K: 4.62µg (4.4%), Magnesium: 13.84mg (3.46%), Vitamin E: 0.52mg (3.44%), Folate: 13.7µg (3.42%), Copper: 0.06mg (3.06%), Potassium: 98mg (2.8%), Iron: 0.43mg (2.38%), Vitamin B5: 0.2mg (2.03%), Vitamin B3: 0.37mg (1.85%), Phosphorus: 18.14mg (1.81%), Vitamin B6: 0.03mg (1.71%), Zinc: 0.26mg (1.7%), Calcium: 16.24mg (1.62%), Vitamin B1: 0.02mg (1.52%), Vitamin B2: 0.02mg (1.47%)