



Reduced-Sugar Raspberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



9 kcal

SAUCE

Ingredients



0.7 cup whey low granular sugar



0.3 cup orange juice



12 oz raspberries unsweetened frozen thawed

Equipment



food processor



bowl

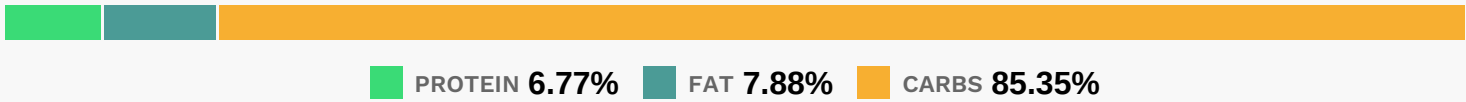


sieve

Directions

- ☐ Reserve 1 cup raspberries. Process remaining berries, sugar, and orange juice in a food processor until smooth.
- ☐ Pour raspberry mixture through a fine wire-mesh strainer into a bowl; discard pulp and seeds. Stir in 1 cup reserved raspberries. Cover and chill 30 minutes.

Nutrition Facts



Properties

Glycemic Index:2.23, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:0.71434781530305%

Flavonoids

Cyanidin: 4.45mg, Cyanidin: 4.45mg, Cyanidin: 4.45mg, Cyanidin: 4.45mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 8.71kcal (0.44%), Fat: 0.07g (0.1%), Saturated Fat: 0g (0.01%), Carbohydrates: 1.63g (0.54%), Net Carbohydrates: 0.99g (0.36%), Sugar: 0.86g (0.96%), Cholesterol: 0mg (0%), Sodium: 0.16mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Vitamin C: 3.43mg (4.16%), Manganese: 0.07mg (3.27%), Fiber: 0.64g (2.54%)