



Stewed Fresh Berries



Vegetarian



Gluten Free



Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



79 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pint half blueberries fresh
- ☐ 2 teaspoons framboise raspberry brandy
- ☐ 0.3 teaspoon orange zest
- ☐ 3 half-pints raspberries fresh divided
- ☐ 0.3 cup sugar
- ☐ 0.3 cup water

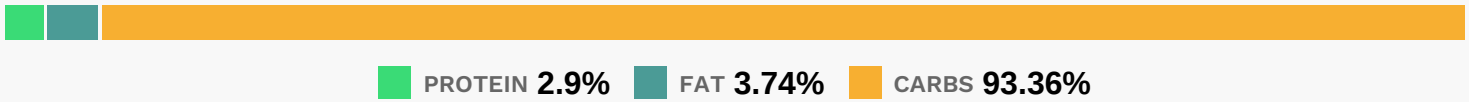
Equipment

- ☐ sauce pan

Directions

Combine a half-pint of raspberries, all the blueberries, sugar, zest and 1/3 cup water in a saucepan and bring to a boil. Lower the heat and cook uncovered over medium-low heat, stirring occasionally, for 8 to 10 minutes. The juice will become a syrup and the berries will be slightly cooked. Off the heat, stir in the remaining raspberries and the framboise, if desired.

Nutrition Facts



Properties

Glycemic Index:22.68, Glycemic Load:9.66, Inflammation Score:-3, Nutrition Score:3.0608695086254%

Flavonoids

Cyanidin: 7.42mg, Cyanidin: 7.42mg, Cyanidin: 7.42mg, Cyanidin: 7.42mg Petunidin: 24.87mg, Petunidin: 24.87mg, Petunidin: 24.87mg, Petunidin: 24.87mg Delphinidin: 27.96mg, Delphinidin: 27.96mg, Delphinidin: 27.96mg, Delphinidin: 27.96mg Malvidin: 53.31mg, Malvidin: 53.31mg, Malvidin: 53.31mg, Malvidin: 53.31mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 16mg, Peonidin: 16mg, Peonidin: 16mg, Peonidin: 16mg Catechin: 4.19mg, Catechin: 4.19mg, Catechin: 4.19mg, Catechin: 4.19mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 78.63kcal (3.93%), Fat: 0.36g (0.55%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 19.97g (6.66%), Net Carbohydrates: 17.96g (6.53%), Sugar: 16.26g (18.07%), Cholesterol: 0.17mg (0.06%), Sodium: 1.85mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin K: 15.36µg (14.62%), Manganese: 0.28mg (13.82%), Vitamin C: 8.2mg (9.94%), Fiber: 2.01g (8.03%), Vitamin E: 0.47mg (3.1%), Copper: 0.05mg (2.46%), Vitamin B6: 0.04mg (2.12%), Vitamin B2: 0.04mg (2.09%), Vitamin B1: 0.03mg (2%), Potassium: 64.21mg (1.83%), Vitamin B3: 0.34mg (1.7%), Magnesium: 5.29mg (1.32%), Iron: 0.24mg (1.32%), Folate: 5.12µg (1.28%), Vitamin B5: 0.1mg (1.05%), Phosphorus: 10.43mg (1.04%)