



Summer's Best Blueberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



341 kcal

SAUCE

Ingredients



4 cups blueberries fresh (four)



2 teaspoons cornstarch



2 tablespoons juice of lemon fresh



0.3 cup currant jelly red



1 cup sugar



2.5 cups water

Equipment

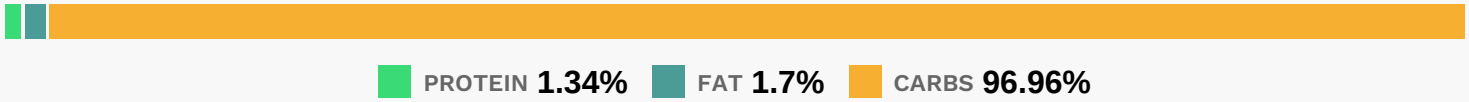


sauce pan

Directions

- ☐ Bring first 4 ingredients to boil in large saucepan, stirring constantly to dissolve sugar and cornstarch.
- ☐ Add blueberries and jelly. Bring to boil. Reduce heat to medium-low; simmer until mixture is slightly thickened and reduced to scant 4 cups, stirring frequently, about 30 minutes.
- ☐ Serve warm or at room temperature.
- ☐ Do ahead: Can be made 4 days ahead. Cover and chill. Rewarm sauce before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:41.27, Glycemic Load:49.99, Inflammation Score:-5, Nutrition Score:6.2700000275736%

Flavonoids

Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 1.93mg, Myricetin: 1.93mg, Myricetin: 1.93mg, Myricetin: 1.93mg Quercetin: 11.38mg, Quercetin: 11.38mg, Quercetin: 11.38mg, Quercetin: 11.38mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 341.39kcal (17.07%), Fat: 0.68g (1.05%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 87.33g (29.11%), Net Carbohydrates: 83.51g (30.37%), Sugar: 75.14g (83.48%), Cholesterol: 0mg (0%), Sodium: 16.34mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.41%), Vitamin K: 28.56µg (27.2%), Manganese: 0.51mg (25.46%), Vitamin C: 19.13mg (23.19%), Fiber: 3.82g (15.27%), Copper: 0.13mg (6.72%), Vitamin E: 0.88mg (5.87%), Vitamin B2: 0.09mg (5.14%), Vitamin B6: 0.08mg (4.23%), Vitamin B1: 0.06mg (4%), Potassium: 139.08mg (3.97%), Folate: 12.72µg (3.18%), Vitamin B3: 0.63mg (3.17%), Iron: 0.55mg (3.08%), Magnesium: 11.69mg (2.92%),

Phosphorus: 22.53mg (2.25%), Vitamin B5: 0.2mg (1.98%), Calcium: 18.54mg (1.85%), Zinc: 0.27mg (1.82%), Vitamin A: 80.37IU (1.61%), Selenium: 0.91µg (1.3%)