

Warm Blueberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



110 kcal

SAUCE

Ingredients

- 0.5 teaspoon almond extract
- 2 cups blueberries fresh
- 3 tablespoons cornstarch
- 0.1 teaspoon ground cinnamon
- 0.8 cup splenda® no calorie sweetener
- 1 cup orange juice
- 0.3 cup water cold

Equipment

- bowl
- sauce pan

Directions

- In a saucepan over medium heat, combine the blueberries, 1/4 cup of water, orange juice, and SLENDA® Granulated Sweetener. Stir gently, and bring to a boil.
- In a cup or small bowl, mix together the cornstarch and 1/4 cup cold water. Gently stir the cornstarch mixture into the blueberries so as not to mash the berries. Simmer gently until thick enough to coat the back of a metal spoon, 3 to 4 minutes.
- Remove from heat and stir in the almond extract and cinnamon. Thin sauce with water if it is too thick for your liking.

Nutrition Facts

PROTEIN 1.7% **FAT 1.42%** **CARBS 96.88%**

Properties

Glycemic Index:18.38, Glycemic Load:11.99, Inflammation Score:-3, Nutrition Score:2.7991304125475%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 110.27kcal (5.51%), Fat: 0.19g (0.29%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 28.48g (9.49%), Net Carbohydrates: 27.49g (10%), Sugar: 21.38g (23.75%), Cholesterol: 0mg (0%), Sodium: 1.35mg (0.06%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 0.5g (1%), Vitamin C: 19.09mg (23.14%), Vitamin K: 7.18µg (6.84%),

Manganese: 0.14mg (6.81%), Fiber: 0.99g (3.97%), Folate: 11.52µg (2.88%), Vitamin B1: 0.04mg (2.77%), Potassium: 91.83mg (2.62%), Copper: 0.04mg (1.88%), Vitamin A: 82.07IU (1.64%), Vitamin B6: 0.03mg (1.59%), Vitamin E: 0.22mg (1.49%), Magnesium: 5.84mg (1.46%), Vitamin B2: 0.02mg (1.45%), Vitamin B3: 0.28mg (1.4%), Vitamin B5: 0.1mg (1.05%), Phosphorus: 10.14mg (1.01%), Iron: 0.18mg (1.01%)