

Blueberry Vinegar

Better Homes and Gardens - July 2016

Yield: 2 cups

3 cups fresh blueberries, divided

2 cups white wine vinegar

2 tablespoons honey

In a stainless steel or enamel saucepan, combine 1-1/2 cups of blueberries with the vinegar. Bring to a boil. Reduce the heat. Simmer, uncovered, for 5 minutes. Stir in the honey. Remove from the heat. Cool.

Pour the mixture through a mesh strainer and let drain into a bowl. Discard the berries.

Transfer the vinegar to a clean one-quart jar or bottle. Add the remaining berries to the jar or bottle. Cover tightly with a non-metallic lid (or cover with plastic wrap; tightly seal with a metal lid).

Chill at least eight hours. Strain and discard the berries before using the vinegar.

Store the strained vinegar in a cool, dark place for up to two weeks.

Per Serving (excluding unknown items): 440 Calories; 2g Fat (2.8% calories from fat); 3g Protein; 125g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 33mg Sodium. Exchanges: 4 Fruit; 4 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	440	Vitamin B6 (mg):	.2mg
% Calories from Fat:	2.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	94.9%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	2.3%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	2g	Folacin (mcg):	29mcg
			2mg

Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 0mg
Carbohydrate (g): 125g
Dietary Fiber (g): 12g
Protein (g): 3g
Sodium (mg): 33mg
Potassium (mg): 889mg
Calcium (mg): 57mg
Iron (mg): 4mg
Zinc (mg): 1mg
Vitamin C (mg): 57mg
Vitamin A (i.u.): 435IU
Vitamin A (r.e.): 43 1/2RE

Niacin (mg):
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 4
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 4 1/2

Nutrition Facts

Amount Per Serving

Calories 440 **Calories from Fat:** 12

% Daily Values*

Total Fat	2g	3%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	33mg	1%
Total Carbohydrates	125g	42%
Dietary Fiber	12g	47%
Protein	3g	
Vitamin A		9%
Vitamin C		95%
Calcium		6%
Iron		21%

* Percent Daily Values are based on a 2000 calorie diet.