



Ambrosia Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



679 kcal

SAUCE

Ingredients

- ☐ 0.3 teaspoon peppercorns whole black
- ☐ 1 cup ginger fresh peeled chopped (one 4x1" piece)
- ☐ 2 tablespoons ground coriander
- ☐ 2 cups brown sugar light packed ()
- ☐ 2 cups soya sauce reduced-sodium
- ☐ 2 cups mirin sweet (Japanese rice wine)

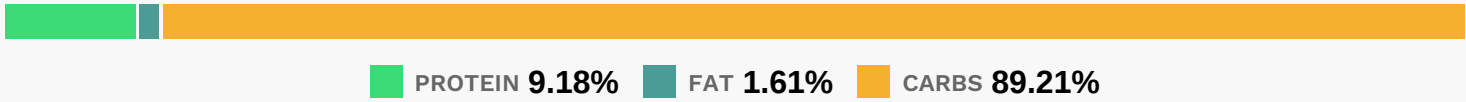
Equipment

- ☐ sauce pan

Directions

- ☐ Bring sugar and 2 cups water to a boil in a medium heavy saucepan over medium-high heat, stirring until sugar dissolves. Boil for 2 minutes.
- ☐ Reduce heat to medium; add mirin and next 4 ingredients. Simmer, stirring often, until sauce thickens slightly and has reduced to about 4 cups, 60–70 minutes.
- ☐ Strain sauce through a fine-mesh sieve into a large heatproof pitcher. Divide among jars.
- ☐ Let cool. Screw on lids and chill. DO AHEAD: Ambrosia sauce can be made 2 months ahead. Keep refrigerated.

Nutrition Facts



Properties

Glycemic Index: 11.75, Glycemic Load: 0.6, Inflammation Score: -7, Nutrition Score: 11.186956518289%

Nutrients (% of daily need)

Calories: 678.82kcal (33.94%), Fat: 1.02g (1.56%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 126.85g (42.28%), Net Carbohydrates: 124.36g (45.22%), Sugar: 107.75g (119.72%), Cholesterol: 0mg (0%), Sodium: 4627.25mg (201.18%), Alcohol: 19.32g (100%), Alcohol %: 6.37% (100%), Protein: 13.05g (26.09%), Manganese: 0.75mg (37.43%), Magnesium: 124.12mg (31.03%), Phosphorus: 242.07mg (24.21%), Potassium: 760.03mg (21.72%), Vitamin B2: 0.32mg (18.94%), Iron: 3.2mg (17.78%), Calcium: 158.33mg (15.83%), Folate: 59.89µg (14.97%), Vitamin B6: 0.29mg (14.42%), Copper: 0.21mg (10.36%), Fiber: 2.49g (9.96%), Vitamin B3: 1.81mg (9.05%), Zinc: 1.27mg (8.44%), Selenium: 4.47µg (6.39%), Vitamin B5: 0.61mg (6.06%), Vitamin B1: 0.06mg (4.22%), Vitamin E: 0.59mg (3.92%), Vitamin C: 1.73mg (2.09%)