



## Apricot-Chipotle Glaze



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients



1.5 cups apricot preserves



1 tablespoon chipotle sauce minced



2 tablespoons rum

## Equipment

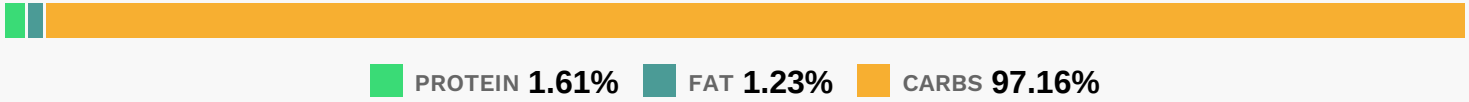


sauce pan

## Directions

- ☐
- Combine preserves and rum in a small saucepan over medium heat; bring mixture to a boil. Cook, stirring often, 2 to 3 minutes.
- ☐
- Add chipotle chiles, and stir well to combine.
- ☐
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:2.5, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.1139130376927%

## Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 162.79kcal (8.14%), Fat: 0.22g (0.34%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 39.82g (13.27%), Net Carbohydrates: 38.93g (14.16%), Sugar: 26.69g (29.66%), Cholesterol: 0mg (0%), Sodium: 25.83mg (1.12%), Alcohol: 1.67g (100%), Alcohol %: 3.18% (100%), Protein: 0.66g (1.32%), Vitamin C: 5.2mg (6.31%), Fiber: 0.88g (3.53%), Copper: 0.06mg (3.01%), Vitamin A: 121.25IU (2.43%), Selenium: 1.18µg (1.69%), Iron: 0.29mg (1.62%), Potassium: 45.64mg (1.3%), Manganese: 0.02mg (1.23%), Calcium: 11.83mg (1.18%)