



Apricot-Ginger Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



86 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons apricot preserves
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon coarsely ground pepper fresh
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons dijon honey mustard
- ☐ 3 tablespoons raspberry vinegar
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup vegetable oil

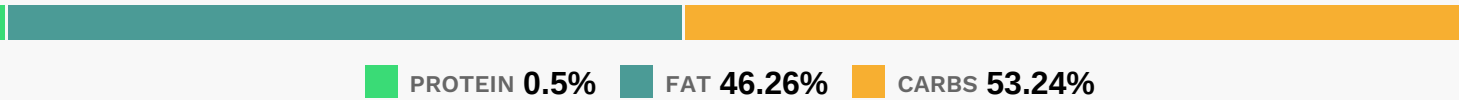
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Process all ingredients in a blender or food processor until smooth. Cover and refrigerate up to 1 week.

Nutrition Facts



Properties

Glycemic Index:24.85, Glycemic Load:1.86, Inflammation Score:-1, Nutrition Score:0.98173911869526%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 85.73kcal (4.29%), Fat: 4.39g (6.76%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 11.37g (3.79%), Net Carbohydrates: 11.26g (4.09%), Sugar: 8.16g (9.07%), Cholesterol: 0mg (0%), Sodium: 266.46mg (11.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.21%), Vitamin K: 8.35µg (7.95%), Manganese: 0.12mg (6.08%), Vitamin E: 0.37mg (2.46%)