

Apricot Glaze



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 cups apricot preserves
- 2 tablespoons rum

Equipment

- bowl
- sauce pan
- sieve

Directions

- Bring the preserves and rum to a boil in a small saucepan over medium heat, stirring often. Cook, stirring often, until the last drops that cling to the spoon are very sticky and reluctant to leave the spoon, 2 to 3 minutes. Strain through a wire sieve into a small bowl, pressing hard on the solids. Use warm.
- RED CURRANT GLAZE
- Substitute red currant preserves for the apricot preserves.
- From the book Kaffeehaus: The Best Desserts from the Classic Cafés of Vienna, Budapest, and Prague by Rick Rodgers ©2002Published in 2002 by Clarkson Potter/Publishers, a member of the Crown Publishing Group, a division of Random House, Inc.

Nutrition Facts

PROTEIN 1.07% **FAT 0.69%** **CARBS 98.24%**

Properties

Glycemic Index:3.75, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.2413043333622%

Flavonoids

Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 196.24kcal (9.81%), Fat: 0.15g (0.23%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 47.61g (15.87%), Net Carbohydrates: 47.39g (17.23%), Sugar: 32.09g (35.65%), Cholesterol: 0mg (0%), Sodium: 29.65mg (1.29%), Alcohol: 2.51g (100%), Alcohol %: 3.9% (100%), Protein: 0.52g (1.04%), Vitamin C: 6.51mg (7.89%), Copper: 0.08mg (3.78%), Vitamin A: 151.56IU (3.03%), Selenium: 1.48µg (2.11%), Iron: 0.37mg (2.03%), Potassium: 57.08mg (1.63%), Manganese: 0.03mg (1.55%), Calcium: 14.79mg (1.48%)