



Apricot-Lime Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



23 kcal

SAUCE

Ingredients

- ☐ 0.7 cup apricot preserves
- ☐ 0.3 cup balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.3 cup golden raisins
- ☐ 1 tablespoon hot sauce
- ☐ 0.3 cup catsup
- ☐ 0.3 teaspoon kosher salt

- ☐ 0.5 cup juice of lime fresh (2 limes)
- ☐ 0.3 cup worcestershire sauce

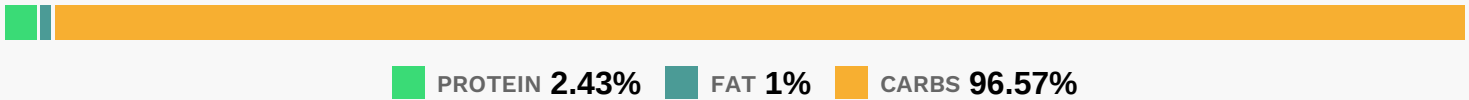
Equipment

- ☐ sauce pan

Directions

- ☐ Melt the preserves in a saucepan over medium-low heat. Stir in the remaining ingredients.
- ☐ Remove from heat.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0.82, Inflammation Score:-1, Nutrition Score:0.60086957203305%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 23.15kcal (1.16%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.03%), Carbohydrates: 6.05g (2.02%), Net Carbohydrates: 5.91g (2.15%), Sugar: 4.01g (4.46%), Cholesterol: 0mg (0%), Sodium: 76.68mg (3.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.3%), Vitamin C: 2.43mg (2.94%), Potassium: 47.64mg (1.36%), Iron: 0.22mg (1.2%)