



Apricot Mustard Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



41 kcal

SAUCE

Ingredients

- ☐ 1 cup all-natural apricot nectar
- ☐ 3 tablespoons apricot preserves
- ☐ 2 tablespoons dijon mustard
- ☐ 0.7 cup apricots dried finely chopped
- ☐ 1 teaspoon sage fresh minced
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 3 tablespoons onion red minced

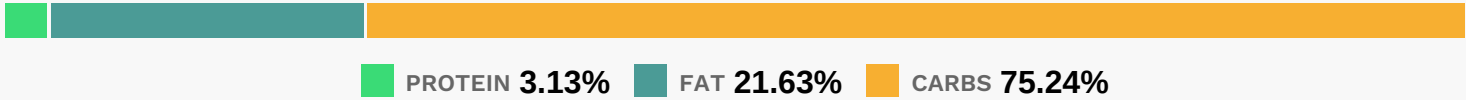
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a medium nonstick skillet over medium heat.
- ☐ Add onion to pan; cook 5 minutes or until tender, stirring occasionally.
- ☐ Add nectar and apricots to pan; cook until liquid is reduced to 1/2 cup (about 8 minutes). Stir in preserves and mustard; cook 1 1/2 minutes. Stir in sage; cook 30 seconds.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.78, Glycemic Load:1.05, Inflammation Score:-3, Nutrition Score:2.3769565069157%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 40.72kcal (2.04%), Fat: 1.05g (1.62%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 8.24g (2.75%), Net Carbohydrates: 7.69g (2.8%), Sugar: 6.63g (7.37%), Cholesterol: 0mg (0%), Sodium: 24.02mg (1.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Copper: 0.41mg (20.32%), Vitamin A: 410.72IU (8.21%), Vitamin C: 5.19mg (6.29%), Vitamin E: 0.44mg (2.91%), Potassium: 82.32mg (2.35%), Fiber: 0.54g (2.18%), Manganese: 0.04mg (2.1%), Iron: 0.23mg (1.28%), Selenium: 0.84µg (1.2%)