



Apricot-Orange Filling

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



138 kcal

SIDE DISH

Ingredients

- 3 ounces apricots dried whole
- 2.5 tablespoons cornstarch
- 2.5 tablespoons juice of lemon fresh
- 2 teaspoons butter
- 1.5 cups orange juice fresh divided
- 0.8 cup sugar

Equipment

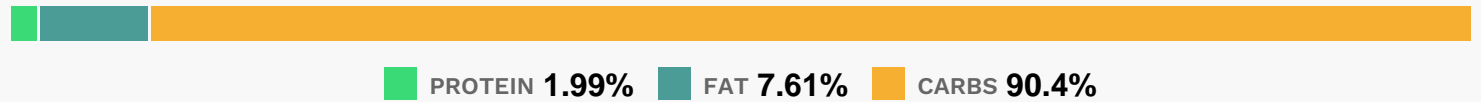
- food processor

- bowl
- sauce pan
- whisk
- blender

Directions

- Combine 3/4 cup orange juice and apricots in a nonaluminum saucepan; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until apricots are tender. Spoon into a blender or food processor, and process until smooth.
- Combine sugar and cornstarch in a saucepan. Gradually add remaining 3/4 cup orange juice, stirring with a wire whisk until well-blended.
- Add the margarine; bring to a boil over medium heat, and cook 1 minute or until thickened, stirring constantly.
- Remove from heat; add apricot mixture and lemon juice.
- Pour into a bowl; cover and chill 4 hours.

Nutrition Facts



Properties

Glycemic Index:19.44, Glycemic Load:17.52, Inflammation Score:-5, Nutrition Score:3.5691304383395%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 6.24mg, Hesperetin: 6.24mg, Hesperetin: 6.24mg, Hesperetin: 6.24mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 138.28kcal (6.91%), Fat: 1.23g (1.89%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 32.78g (10.93%), Net Carbohydrates: 31.88g (11.59%), Sugar: 28.41g (31.57%), Cholesterol: 0mg (0%), Sodium: 13.77mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Vitamin C: 25.17mg (30.51%), Vitamin A: 521.14IU (10.42%), Potassium: 222.12mg (6.35%), Folate: 15.96µg (3.99%), Fiber: 0.91g (3.62%), Vitamin E: 0.52mg (3.5%), Copper: 0.06mg (3.01%), Vitamin B1: 0.04mg (2.98%), Vitamin B3: 0.47mg (2.33%), Magnesium: 8.91mg (2.23%), Iron: 0.4mg

(2.23%), Vitamin B6: 0.04mg (1.8%), Manganese: 0.03mg (1.71%), Phosphorus: 16.44mg (1.64%), Vitamin B2: 0.03mg (1.56%), Vitamin B5: 0.15mg (1.5%), Calcium: 11.86mg (1.19%)