



Asian Orange Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



114 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon garlic chili sauce
- ☐ 1 teaspoon ginger fresh grated
- ☐ 7.6 ounce hoisin sauce
- ☐ 0.5 cup orange juice fresh
- ☐ 1 tablespoon orange rind grated
- ☐ 2 tablespoons rice vinegar
- ☐ 1 tablespoon sesame oil
- ☐ 1 teaspoon sesame seed toasted

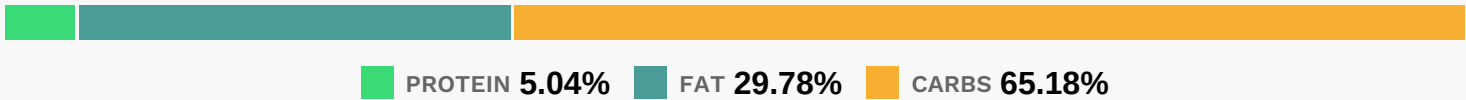
Equipment

☐ sauce pan

Directions

☐ Combine all ingredients in a medium saucepan; stir well. Cook over medium heat 6 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:1.12, Inflammation Score:-2, Nutrition Score:2.6665217487708%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 113.8kcal (5.69%), Fat: 3.76g (5.79%), Saturated Fat: 0.56g (3.53%), Carbohydrates: 18.54g (6.18%), Net Carbohydrates: 17.32g (6.3%), Sugar: 11.66g (12.95%), Cholesterol: 1.08mg (0.36%), Sodium: 593.32mg (25.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.87%), Vitamin C: 11.99mg (14.53%), Manganese: 0.11mg (5.3%), Vitamin B2: 0.09mg (5.09%), Fiber: 1.22g (4.88%), Folate: 15.19µg (3.8%), Copper: 0.07mg (3.59%), Magnesium: 12.58mg (3.14%), Vitamin B3: 0.54mg (2.71%), Potassium: 92.32mg (2.64%), Iron: 0.47mg (2.62%), Phosphorus: 20.23mg (2.02%), Calcium: 19.16mg (1.92%), Vitamin B6: 0.04mg (1.84%), Vitamin B1: 0.02mg (1.65%), Selenium: 0.83µg (1.19%), Vitamin E: 0.16mg (1.08%), Vitamin A: 53.38IU (1.07%), Zinc: 0.16mg (1.04%)