



Asian Pineapple Sauce

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



172 kcal

SAUCE

Ingredients

- 1.5 tablespoons garlic powder
- 0.5 teaspoon juice of lemon
- 4 slices pineapple in juice canned drained chopped
- 0.8 cup pineapple juice
- 1 teaspoon soya sauce
- 2 tablespoons teriyaki sauce
- 0.3 cup water
- 0.5 cup sugar white

Equipment

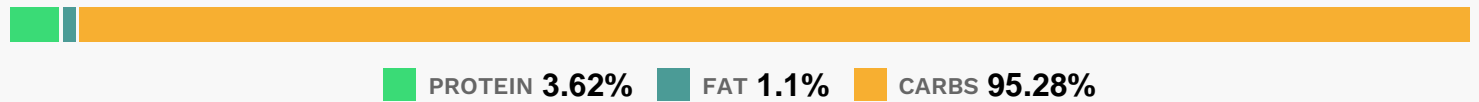
sauce pan

Directions

Combine the pineapple juice, teriyaki sauce, soy sauce, lemon juice, pineapple, sugar, and garlic powder in a saucepan over medium heat; cook until the liquid has reduced to a syrup, about 5 minutes. Stir the water through the mixture; continue cooking until the mixture thickens again.

Remove from heat and serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.02, Glycemic Load:20.14, Inflammation Score:-2, Nutrition Score:3.6121739006561%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 172.28kcal (8.61%), Fat: 0.22g (0.34%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 43.02g (14.34%), Net Carbohydrates: 41.91g (15.24%), Sugar: 38.73g (43.04%), Cholesterol: 0mg (0%), Sodium: 432.73mg (18.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.27%), Manganese: 0.26mg (13.05%), Vitamin C: 9.97mg (12.08%), Vitamin B6: 0.15mg (7.41%), Vitamin B1: 0.1mg (6.64%), Copper: 0.12mg (6.08%), Magnesium: 22.3mg (5.57%), Potassium: 187.33mg (5.35%), Fiber: 1.1g (4.44%), Iron: 0.67mg (3.7%), Phosphorus: 35.74mg (3.57%), Folate: 13.29µg (3.32%), Vitamin B2: 0.04mg (2.28%), Vitamin B3: 0.45mg (2.23%), Calcium: 20.36mg (2.04%), Selenium: 1.25µg (1.78%), Zinc: 0.21mg (1.43%)