



Beekeeper's Jezebel Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



14 min.

SERVINGS



8

CALORIES



169 kcal

SAUCE

Ingredients

- 15.3 oz apricot preserves
- 2 tablespoons dijon mustard
- 0.3 cup chicken broth fat-free
- 1 tablespoon parsley fresh chopped
- 1 teaspoon thyme leaves fresh chopped
- 0.3 cup honey
- 3 tablespoons horseradish
- 0.3 teaspoon pepper dried red crushed

Equipment

- sauce pan
- whisk

Directions

- Whisk together all ingredients in a small saucepan. Cook over medium heat, whisking frequently, 3 to 4 minutes or until thoroughly heated and sauce is a pourable consistency. Use immediately, or store in an airtight container in refrigerator up to 1 week.
- *Vegetable broth may be substituted.
- Note: For testing purposes only, we used Polaner All Fruit Apricot
- Spread.
- Note: To make a spread, prepare recipe as directed, omitting chicken broth. Use immediately, or store in an airtight container up to 1 week.

Nutrition Facts

PROTEIN 1.55% **FAT 1.48%** **CARBS 96.97%**

Properties

Glycemic Index:24.53, Glycemic Load:4.74, Inflammation Score:-4, Nutrition Score:2.1786956612183%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 168.86kcal (8.44%), Fat: 0.3g (0.47%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 44.5g (14.83%), Net Carbohydrates: 43.9g (15.96%), Sugar: 32.67g (36.3%), Cholesterol: 0mg (0%), Sodium: 117.26mg (5.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Vitamin C: 7.29mg (8.84%), Vitamin K: 8.4µg (8%), Selenium: 2.77µg (3.95%), Vitamin A: 186.09IU (3.72%), Copper: 0.07mg (3.4%), Manganese: 0.06mg (2.99%), Iron: 0.49mg (2.71%), Fiber: 0.6g (2.41%), Potassium: 74.22mg (2.12%), Calcium: 19.15mg (1.91%), Magnesium: 6.51mg (1.63%), Vitamin B2: 0.02mg (1.38%), Folate: 5.18µg (1.3%), Vitamin B6: 0.02mg (1.18%)