



Blood Orange Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



142 kcal

SAUCE

Ingredients

- 0.3 teaspoon chili flakes hot
- 1 tablespoon ginger fresh minced
- 1.5 teaspoons garlic minced pressed
- 1.5 cups regular orange juice
- 0.5 cup sugar

Equipment

- frying pan

Directions

In a 10- to 12-inch nonstick frying pan over high heat, mix orange juice, sugar, garlic, ginger, and chili flakes to taste. Boil until reduced to 1 cup, about 10 minutes; stir often. Use hot or cold.

Nutrition Facts

PROTEIN 2.1% FAT 1.85% CARBS 96.05%

Properties

Glycemic Index:41.77, Glycemic Load:22.53, Inflammation Score:-4, Nutrition Score:4.5126087607249%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 141.53kcal (7.08%), Fat: 0.3g (0.47%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 35.32g (11.77%), Net Carbohydrates: 35.03g (12.74%), Sugar: 32.81g (36.46%), Cholesterol: 0mg (0%), Sodium: 3.65mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Vitamin C: 46.94mg (56.9%), Folate: 28.16µg (7.04%), Vitamin B1: 0.09mg (5.78%), Potassium: 200.71mg (5.73%), Vitamin A: 223.16IU (4.46%), Magnesium: 11.45mg (2.86%), Vitamin B6: 0.06mg (2.83%), Copper: 0.05mg (2.56%), Vitamin B2: 0.04mg (2.1%), Vitamin B3: 0.41mg (2.04%), Manganese: 0.04mg (1.95%), Vitamin B5: 0.19mg (1.88%), Phosphorus: 18.5mg (1.85%), Iron: 0.25mg (1.39%), Calcium: 13.21mg (1.32%), Fiber: 0.29g (1.15%)