



Caribbean Dipping Sauce



Vegetarian



Gluten Free



Low Fod Map

READY IN



12 min.

SERVINGS



8

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 teaspoon ginger fresh grated
- ☐ 0.5 to 1 jalapeno pepper minced seeded
- ☐ 2 tablespoons juice of lime fresh
- ☐ 18 ounce orange marmalade
- ☐ 0.3 teaspoon salt

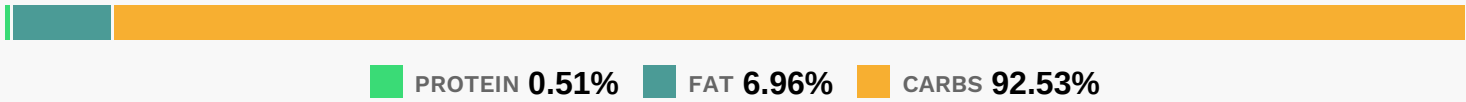
Equipment

- ☐ sauce pan

Directions

- ☐ In a medium saucepan, melt butter over medium-high heat.
- ☐ Add pepper and ginger, and cook 2 minutes, stirring frequently. Reduce heat to medium-low, and stir in marmalade, lime juice, and salt. Simmer 5 minutes, stirring frequently.
- ☐ *Cook's Note: Jalapeno peppers are extremely hot. We recommend wearing disposable gloves when handling them.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.0873912969685%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 170.85kcal (8.54%), Fat: 1.43g (2.2%), Saturated Fat: 0.9g (5.63%), Carbohydrates: 42.71g (14.24%), Net Carbohydrates: 42.22g (15.35%), Sugar: 38.38g (42.64%), Cholesterol: 3.76mg (1.25%), Sodium: 119.78mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.47%), Vitamin C: 5.24mg (6.35%), Copper: 0.06mg (2.97%), Calcium: 25.37mg (2.54%), Fiber: 0.49g (1.96%), Vitamin A: 94.59IU (1.89%), Folate: 6.43µg (1.61%), Vitamin B2: 0.02mg (1.05%)