



Cherry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



156 kcal

SAUCE

Ingredients

- ☐ 0.1 teaspoon almond extract
- ☐ 1.5 cups reserved cherry juice
- ☐ 1.5 tablespoons cornstarch
- ☐ 1 drop food coloring red
- ☐ 0.5 cup sugar

Equipment

- ☐ sauce pan

Directions

- ☐
- Combine reserved cherry juice, sugar, and cornstarch in a medium saucepan; stir well. Cook over medium heat about 20 minutes, stirring constantly, or until mixture is thickened.
- ☐
- Remove from heat; add almond extract and red food coloring, stirring well. Cool completely.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:17.45, Inflammation Score:1, Nutrition Score:0.40652174097688%

Nutrients (% of daily need)

Calories: 155.83kcal (7.79%), Fat: 0.08g (0.13%), Saturated Fat: 0g (0%), Carbohydrates: 39.45g (13.15%), Net Carbohydrates: 39.42g (14.34%), Sugar: 33.82g (37.57%), Cholesterol: 0mg (0%), Sodium: 7.88mg (0.34%), Alcohol: 0.04g (100%), Alcohol %: 0.05% (100%), Protein: 0.37g (0.74%), Potassium: 151.93mg (4.34%), Iron: 0.56mg (3.1%)