



Chili-Cranberry Glaze



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



149 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon chili-garlic sauce
- ☐ 0.3 cup cranberries dried
- ☐ 1 tablespoon ginger fresh grated
- ☐ 2 tablespoons green onions minced
- ☐ 0.5 teaspoon orange rind grated
- ☐ 1 cup rice wine vinegar
- ☐ 0.8 cup sugar
- ☐ 0.5 cup water

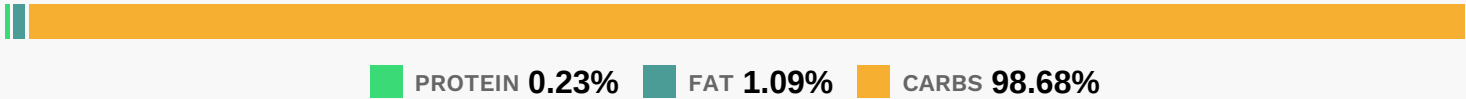
Equipment

☐ sauce pan

Directions

- ☐ Bring first 6 ingredients to a boil in a small saucepan; reduce heat to medium, and cook, stirring occasionally, 20 minutes or until slightly thickened.
- ☐ Remove from heat, and stir in green onions and orange rind.
- ☐ Note: For testing purposes only, we used Lee Kum Kee chili-garlic sauce, found in the Asian section at large supermarkets.

Nutrition Facts



Properties

Glycemic Index:33.42, Glycemic Load:21.02, Inflammation Score:-1, Nutrition Score:0.8265217328849%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 149.37kcal (7.47%), Fat: 0.18g (0.27%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 36.18g (12.06%), Net Carbohydrates: 35.61g (12.95%), Sugar: 35.03g (38.92%), Cholesterol: 0mg (0%), Sodium: 170.42mg (7.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.17%), Vitamin K: 5.43µg (5.17%), Manganese: 0.05mg (2.62%), Fiber: 0.57g (2.28%)