



Chili-Lemon Honey Drizzle



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



117 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



0.3 cup bottled chili sauce



0.5 cup honey



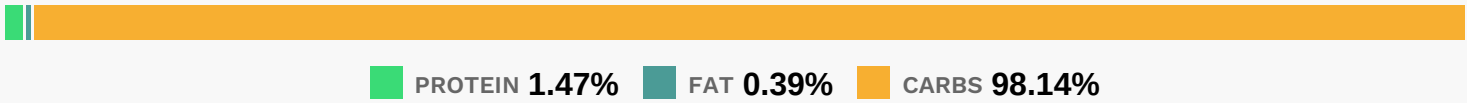
2 tablespoons juice of lemon fresh

Equipment

Directions

Cook honey, chili sauce, and lemon juice over medium heat, stirring often, 2 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:10.45, Glycemic Load:14.57, Inflammation Score:-1, Nutrition Score:1.2095652118973%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 116.93kcal (5.85%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 31.05g (10.35%), Net Carbohydrates: 30.64g (11.14%), Sugar: 29.8g (33.11%), Cholesterol: 0mg (0%), Sodium: 184.33mg (8.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.93%), Vitamin C: 4.68mg (5.67%), Potassium: 74.31mg (2.12%), Vitamin A: 93.18IU (1.86%), Vitamin E: 0.27mg (1.81%), Fiber: 0.41g (1.65%), Vitamin B6: 0.03mg (1.64%), Copper: 0.03mg (1.55%), Iron: 0.26mg (1.42%), Manganese: 0.03mg (1.39%), Vitamin B2: 0.02mg (1.37%), Vitamin B3: 0.26mg (1.32%)