



Cider-Lemon Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



27 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup apple cider
- 1 tablespoon cornstarch
- 10 slices optional: lemon
- 0.3 cup juice of lemon fresh
- 1 teaspoon lemon rind grated
- 0.1 teaspoon salt
- 0.3 cup sugar

Equipment

sauce pan

whisk

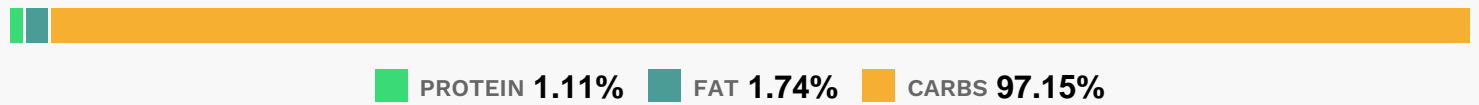
Directions

Combine apple cider, sugar, cornstarch, and salt in a small saucepan, and stir with a wire whisk until blended. Bring to a boil, and cook for 1 minute or until thickened, stirring constantly.

Remove from heat; stir in remaining ingredients.

Serve sauce warm.

Nutrition Facts



Properties

Glycemic Index:8.52, Glycemic Load:3.65, Inflammation Score:-1, Nutrition Score:0.45260869946493%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 26.9kcal (1.34%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 6.96g (2.32%), Net Carbohydrates: 6.78g (2.47%), Sugar: 5.79g (6.43%), Cholesterol: 0mg (0%), Sodium: 18.98mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.16%), Vitamin C: 4.09mg (4.96%)