



## Cilla's Pineapple Glazed Ham Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



121 kcal

SAUCE

### Ingredients

- 3 tablespoons brown sugar
- 3 tablespoons cornstarch
- 6 ounce pineapple juice canned
- 1.5 ounce raisins
- 1 tablespoon soya sauce
- 0.3 cup vinegar

### Equipment

- sauce pan

## Directions

- In a medium saucepan, mix together cornstarch and brown sugar. Stir in soy sauce, vinegar, pineapple juice and raisins. Cook over medium heat, stirring constantly, for 10 to 15 minutes or until sauce has thickened.

## Nutrition Facts

 **PROTEIN 3.2%**  **FAT 0.82%**  **CARBS 95.98%**

## Properties

Glycemic Index:30.95, Glycemic Load:4.52, Inflammation Score:-1, Nutrition Score:2.1256521731291%

## Nutrients (% of daily need)

Calories: 120.57kcal (6.03%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 29.52g (9.84%), Net Carbohydrates: 28.16g (10.24%), Sugar: 14.88g (16.53%), Cholesterol: 0mg (0%), Sodium: 258.26mg (11.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.97%), Vitamin C: 4.57mg (5.54%), Fiber: 1.37g (5.46%), Potassium: 162.55mg (4.64%), Copper: 0.09mg (4.61%), Vitamin B1: 0.06mg (3.86%), Manganese: 0.07mg (3.57%), Iron: 0.6mg (3.33%), Vitamin B6: 0.06mg (3.23%), Magnesium: 12.57mg (3.14%), Vitamin B3: 0.43mg (2.13%), Vitamin B2: 0.04mg (2.07%), Calcium: 19.55mg (1.95%), Phosphorus: 18.79mg (1.88%)