

Clementine Sauce

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



136 kcal

SAUCE

Ingredients

- ☐ 1.3 pounds 3 large clementines (8)
- ☐ 1 tablespoon cornstarch
- ☐ 1 pinch salt
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons butter unsalted cut into pieces

Equipment

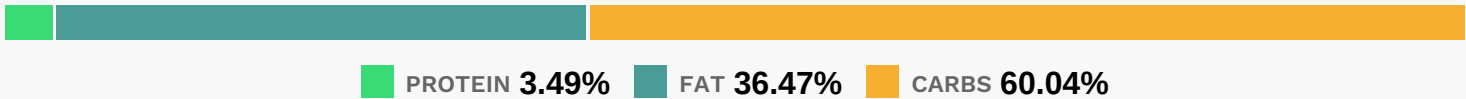
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ whisk
- ☐ wax paper

Directions

- ☐ Squeeze enough juice from clementines to measure 1 cup.
- ☐ Whisk together juice, sugar, cornstarch, and salt in a small heavy saucepan. Bring to a boil over medium heat, whisking constantly, then briskly simmer, whisking, 1 minute.
- ☐ Remove pan from heat and whisk in butter until melted.
- ☐ Pour into a bowl and cover surface with wax paper or parchment. Cool to warm, about 30 minutes.
- ☐ •Sauce can be made 3 days ahead and chilled, covered. Rewarm over low heat before serving.

Nutrition Facts



Properties

Glycemic Index:35.02, Glycemic Load:12.33, Inflammation Score:-4, Nutrition Score:6.8834781860528%

Nutrients (% of daily need)

Calories: 135.98kcal (6.8%), Fat: 5.9g (9.08%), Saturated Fat: 3.6g (22.47%), Carbohydrates: 21.86g (7.29%), Net Carbohydrates: 19.43g (7.06%), Sugar: 16.01g (17.79%), Cholesterol: 15.05mg (5.02%), Sodium: 12.09mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Vitamin C: 69.17mg (83.85%), Fiber: 2.43g (9.71%), Folate: 34.23µg (8.56%), Vitamin B1: 0.12mg (8.15%), Potassium: 252.7mg (7.22%), Vitamin B6: 0.11mg (5.33%), Vitamin B3: 0.9mg (4.52%), Calcium: 44.28mg (4.43%), Magnesium: 14.38mg (3.59%), Vitamin A: 174.93IU (3.5%), Phosphorus: 31.71mg (3.17%), Copper: 0.06mg (3.16%), Vitamin E: 0.45mg (2.97%), Vitamin B2: 0.05mg (2.67%), Vitamin B5: 0.22mg (2.22%), Manganese: 0.03mg (1.7%), Iron: 0.21mg (1.17%)