



Easy Raisin Sauce for Ham



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



76 kcal

SAUCE

Ingredients

- 0.3 cup brown sugar packed
- 1 teaspoon cornstarch
- 0.8 cup raisins
- 1 pinch salt
- 1.5 cups water

Equipment

- sauce pan
- whisk

Directions

- Bring water to a boil in a saucepan.
- Stir raisins into water, reduce heat to medium, and boil until very tender, about 5 minutes.
- Whisk brown sugar, cornstarch, and salt into raisin mixture and simmer until thickened, about 10 minutes.

Nutrition Facts

PROTEIN 1.74% **FAT 0.81%** **CARBS 97.45%**

Properties

Glycemic Index:7.35, Glycemic Load:5.73, Inflammation Score:-1, Nutrition Score:1.0626086919852%

Nutrients (% of daily need)

Calories: 76.02kcal (3.8%), Fat: 0.07g (0.11%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 18.96g (6.89%), Sugar: 8.89g (9.88%), Cholesterol: 0mg (0%), Sodium: 13.46mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.71%), Fiber: 0.93g (3.71%), Potassium: 124.35mg (3.55%), Copper: 0.05mg (2.63%), Iron: 0.42mg (2.32%), Manganese: 0.04mg (2.12%), Vitamin B6: 0.03mg (1.47%), Vitamin B2: 0.02mg (1.46%), Magnesium: 5.35mg (1.34%), Calcium: 12.75mg (1.28%), Phosphorus: 10.59mg (1.06%), Vitamin B1: 0.02mg (1.01%)