



English Mint Sauce with Raspberry Vinegar

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



137 kcal

SAUCE

Ingredients

- 1 cup mint leaves fresh dry packed rinsed
- 1.5 tablespoons water boiling
- 2 tablespoons sugar
- 4 tablespoons raspberry vinegar (available at specialty foods shops and some supermarkets)

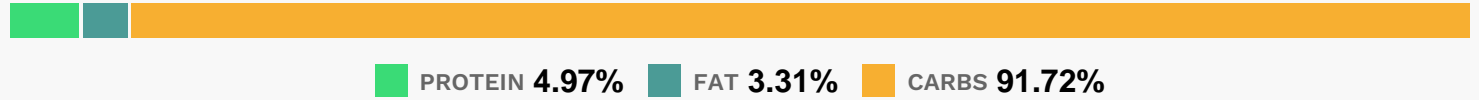
Equipment

- food processor
- bowl

Directions

- In a food processor chop fine the mint with the sugar and transfer the mixture to a small bowl. Stir the water into the mixture, stirring until the sugar is dissolved, and stir in the vinegar.
- Let the sauce stand, covered, for 15 minutes or chill it, covered, overnight.
- Serve the sauce at room temperature with lamb.

Nutrition Facts



Properties

Glycemic Index:110.09, Glycemic Load:16.98, Inflammation Score:-8, Nutrition Score:8.4156521312569%

Flavonoids

Eriodictyol: 13.91mg, Eriodictyol: 13.91mg, Eriodictyol: 13.91mg, Eriodictyol: 13.91mg Hesperetin: 4.57mg, Hesperetin: 4.57mg, Hesperetin: 4.57mg, Hesperetin: 4.57mg Apigenin: 2.43mg, Apigenin: 2.43mg, Apigenin: 2.43mg, Apigenin: 2.43mg Luteolin: 5.7mg, Luteolin: 5.7mg, Luteolin: 5.7mg, Luteolin: 5.7mg

Nutrients (% of daily need)

Calories: 136.5kcal (6.82%), Fat: 0.5g (0.77%), Saturated Fat: 0.1g (0.69%), Carbohydrates: 31.16g (10.39%), Net Carbohydrates: 27.56g (10.02%), Sugar: 24.19g (26.88%), Cholesterol: 0mg (0%), Sodium: 18.32mg (0.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Vitamin A: 1911.6IU (38.23%), Manganese: 0.68mg (33.98%), Vitamin C: 14.31mg (17.35%), Fiber: 3.6g (14.4%), Iron: 2.42mg (13.43%), Folate: 51.3µg (12.82%), Calcium: 114.46mg (11.45%), Magnesium: 39.22mg (9.81%), Potassium: 300.33mg (8.58%), Copper: 0.16mg (7.91%), Vitamin B2: 0.12mg (7.31%), Vitamin B3: 0.77mg (3.84%), Phosphorus: 37.65mg (3.76%), Zinc: 0.53mg (3.52%), Vitamin B6: 0.06mg (2.9%), Vitamin B1: 0.04mg (2.46%), Vitamin B5: 0.15mg (1.52%)