



Fresh Citrus Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



61 kcal

SAUCE

Ingredients

- ☐ 1.5 tablespoons cornstarch
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon lemon zest
- ☐ 1.5 cups orange juice fresh
- ☐ 0.5 cup sugar

Equipment

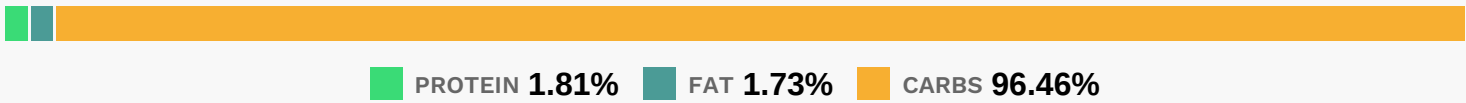
- ☐ sauce pan
- ☐ whisk

☐ plastic wrap

Directions

- ☐ Combine sugar and cornstarch in a small saucepan; whisk in orange juice. Bring to a boil over medium heat, whisking constantly; boil 1 minute.
- ☐ Remove from heat, and whisk in lemon zest and juice. Cool 10 minutes, stirring occasionally.
- ☐ Transfer to an airtight container; place heavy-duty plastic wrap directly on warm sauce (to prevent a film from forming); chill 2 hours before serving. Store in refrigerator, with plastic wrap on surface of sauce, up to 1 week.

Nutrition Facts



Properties

Glycemic Index:12.21, Glycemic Load:8.95, Inflammation Score:-2, Nutrition Score:1.8895651733746%

Flavonoids

Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 5.33mg, Hesperetin: 5.33mg, Hesperetin: 5.33mg, Hesperetin: 5.33mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 61.25kcal (3.06%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 15.38g (5.13%), Net Carbohydrates: 15.25g (5.55%), Sugar: 13.27g (14.74%), Cholesterol: 0mg (0%), Sodium: 0.65mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.58%), Vitamin C: 21.22mg (25.72%), Folate: 12.41µg (3.1%), Vitamin B1: 0.04mg (2.34%), Potassium: 81.24mg (2.32%), Vitamin A: 74.87IU (1.5%), Magnesium: 4.52mg (1.13%)