



Fruit-Infused Teriyaki Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



299 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon ginger root fresh grated
- ☐ 2 cloves garlic
- ☐ 1 apples i use 2 granny smith apples cored chopped
- ☐ 1 juice of orange juiced
- ☐ 1.5 cups mirin sweet Japanese wine
- ☐ 4 tablespoons splenda® no calorie sweetener
- ☐ 6 ounces pineapple fresh with skin chopped
- ☐ 3 cups soya sauce

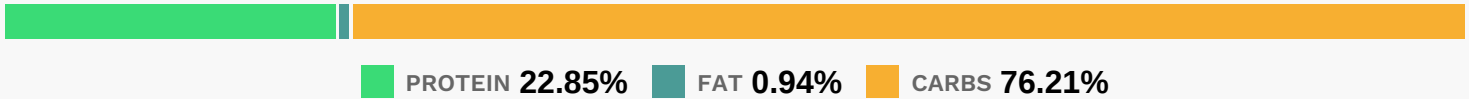
Equipment

- ☐ sauce pan
- ☐ sieve

Directions

☐ In a saucepan, combine soy sauce, mirin, orange juice, pineapple, Granny Smith apple, garlic, ginger, and half of the SPLENDA® Granulated Sweetener; bring to a boil. Reduce heat, and simmer 20 minutes. Adjust sweetness to taste with remaining SPLENDA® Granulated Sweetener. Strain through a fine mesh sieve; cool.

Nutrition Facts



Properties

Glycemic Index:63.17, Glycemic Load:8.14, Inflammation Score:-6, Nutrition Score:14.535217215186%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 298.88kcal (14.94%), Fat: 0.34g (0.53%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 62.87g (20.96%), Net Carbohydrates: 59.72g (21.72%), Sugar: 36.4g (40.44%), Cholesterol: 0mg (0%), Sodium: 10398.01mg (452.09%), Alcohol: 8.85g (100%), Alcohol %: 3.03% (100%), Protein: 18.84g (37.69%), Manganese: 1.31mg (65.34%), Vitamin C: 30.41mg (36.86%), Vitamin B3: 7.2mg (36.02%), Iron: 4.38mg (24.32%), Phosphorus: 239.62mg (23.96%), Vitamin B6: 0.44mg (21.98%), Magnesium: 79.22mg (19.8%), Vitamin B2: 0.3mg (17.43%), Copper: 0.31mg (15.31%), Potassium: 502.13mg (14.35%), Fiber: 3.15g (12.6%), Folate: 44.94µg (11.23%), Vitamin B1: 0.16mg (10.71%), Vitamin B5: 0.81mg (8.11%), Zinc: 0.84mg (5.63%), Calcium: 47.5mg (4.75%), Selenium: 1.67µg (2.38%), Vitamin A:

79.37IU (1.59%), Vitamin K: 1.34μg (1.28%)