



Fruity Sweet and Sour Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



89 kcal

SAUCE

Ingredients

- 0.5 cup maraschino cherry juice
- 1.5 tablespoons cornstarch
- 0.5 cup pineapple juice
- 0.3 cup water cold
- 0.5 cup sugar white to taste
- 0.5 cup vinegar white to taste

Equipment

- bowl

sauce pan

Directions

- Mix the sugar, vinegar, maraschino cherry juice, and pineapple juice in a saucepan over medium-low heat, stirring to dissolve the sugar.
- Place the cornstarch in a small bowl, and stir the water into it to make a smooth paste. Stir the cornstarch paste into the juice mixture, and bring to a simmer. Stir constantly until the mixture thickens, about 1 minute.

Nutrition Facts

PROTEIN 0.4% **FAT 0.91%** **CARBS 98.69%**

Properties

Glycemic Index:20.76, Glycemic Load:9.59, Inflammation Score:-1, Nutrition Score:0.74478260103775%

Nutrients (% of daily need)

Calories: 88.92kcal (4.45%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 21.93g (7.31%), Net Carbohydrates: 21.42g (7.79%), Sugar: 19.69g (21.88%), Cholesterol: 0mg (0%), Sodium: 1.83mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.18%), Manganese: 0.09mg (4.31%), Fiber: 0.52g (2.06%), Vitamin C: 1.48mg (1.79%), Copper: 0.04mg (1.75%), Calcium: 11.24mg (1.12%)