



## Gingered Jezebel Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



193 kcal

SAUCE

### Ingredients

- 0.3 cup apple jelly
- 1 tablespoon ginger fresh grated
- 2 tablespoons horseradish prepared
- 0.7 cup pineapple preserves

### Equipment

- bowl
- microwave

## Directions

- Microwave pineapple preserves and apple jelly in a glass bowl at HIGH 2 minutes or until melted. Stir in remaining ingredients.

## Nutrition Facts

**PROTEIN 0.72%** **FAT 0.46%** **CARBS 98.82%**

## Properties

Glycemic Index:32, Glycemic Load:25.56, Inflammation Score:-1, Nutrition Score:1.6952173768178%

## Nutrients (% of daily need)

Calories: 193.04kcal (9.65%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 47.78g (15.93%), Net Carbohydrates: 46.8g (17.02%), Sugar: 33.48g (37.2%), Cholesterol: 0mg (0%), Sodium: 47.14mg (2.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%), Vitamin C: 7.55mg (9.15%), Fiber: 0.97g (3.9%), Copper: 0.07mg (3.73%), Vitamin B2: 0.05mg (3.15%), Folate: 11.05µg (2.76%), Selenium: 1.54µg (2.2%), Potassium: 72.93mg (2.08%), Iron: 0.37mg (2.04%), Manganese: 0.04mg (1.9%), Calcium: 17.18mg (1.72%), Phosphorus: 15.26mg (1.53%), Magnesium: 4.94mg (1.24%), Vitamin B6: 0.02mg (1.01%)