



Golden Apricot Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



120 kcal

SAUCE

Ingredients

- ☐ 0.3 cup apricots dried
- ☐ 0.5 cup rice vinegar
- ☐ 3 tablespoons sugar

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender

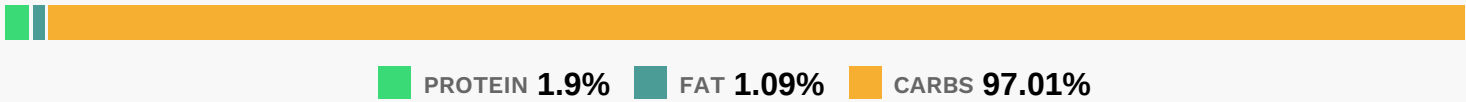
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microwave

Directions

- ☐ In a microwave–safe bowl, combine vinegar, apricots, and sugar.
- ☐ Heat in a microwave oven at full power (100%) until vinegar is boiling, about 3 minutes.
- ☐ Pour mixture into a blender or food processor and whirl until smooth.
- ☐ Scrape into a small bowl.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:76.75, Glycemic Load:15.58, Inflammation Score:-4, Nutrition Score:2.0821738897458%

Nutrients (% of daily need)

Calories: 119.94kcal (6%), Fat: 0.14g (0.22%), Saturated Fat: 0g (0.02%), Carbohydrates: 28.13g (9.38%), Net Carbohydrates: 26.94g (9.8%), Sugar: 26.67g (29.63%), Cholesterol: 0mg (0%), Sodium: 3.08mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Vitamin A: 585.65IU (11.71%), Potassium: 190.13mg (5.43%), Fiber: 1.19g (4.74%), Vitamin E: 0.7mg (4.69%), Manganese: 0.07mg (3.7%), Copper: 0.06mg (3.04%), Iron: 0.46mg (2.56%), Vitamin B3: 0.42mg (2.1%), Magnesium: 5.84mg (1.46%), Phosphorus: 14.09mg (1.41%), Calcium: 12.94mg (1.29%), Vitamin B6: 0.02mg (1.16%), Selenium: 0.78µg (1.12%)