



## Guava Glaze



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



112 kcal

SIDE DISH

## Ingredients

- ☐ 0.3 cup cilantro leaves fresh divided chopped
- ☐ 1 garlic clove crushed
- ☐ 1 Dash pepper white
- ☐ 14 ounce guava cut into cubes
- ☐ 3 servings kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup orange juice fresh
- ☐ 0.8 cup water

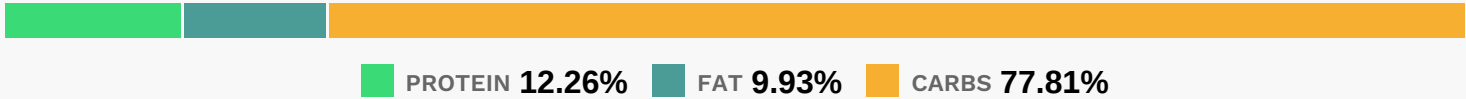
# Equipment

- ☐ sauce pan
- ☐ sieve

# Directions

- ☐ Combine 2 tablespoons chopped fresh cilantro and next 4 ingredients in a medium saucepan. Cook over medium heat 15 minutes or until guava paste melts, stirring often. Strain through a metal sieve. Stir in lemon juice. Season with salt and pepper.
- ☐ Let cool.
- ☐ Stir in remaining 2 tablespoons chopped fresh cilantro.

# Nutrition Facts



# Properties

Glycemic Index:59.67, Glycemic Load:9.94, Inflammation Score:-9, Nutrition Score:12.749999958536%

# Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 5.66mg, Hesperetin: 5.66mg, Hesperetin: 5.66mg Hesperetin: 5.66mg Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

# Nutrients (% of daily need)

Calories: 112.45kcal (5.62%), Fat: 1.37g (2.11%), Saturated Fat: 0.37g (2.34%), Carbohydrates: 24.17g (8.06%), Net Carbohydrates: 16.78g (6.1%), Sugar: 15.42g (17.13%), Cholesterol: 0mg (0%), Sodium: 200.66mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.61%), Vitamin C: 324.98mg (393.92%), Fiber: 7.39g (29.55%), Vitamin A: 998.57IU (19.97%), Folate: 79.12µg (19.78%), Potassium: 650.74mg (18.59%), Copper: 0.34mg (17.1%), Manganese: 0.24mg (12.1%), Vitamin B6: 0.18mg (8.95%), Magnesium: 35.45mg (8.86%), Vitamin B1: 0.13mg (8.67%), Vitamin B3: 1.62mg (8.11%), Vitamin K: 7.63µg (7.27%), Vitamin B5: 0.7mg (6.95%), Vitamin E: 1.02mg (6.83%), Phosphorus: 63.1mg (6.31%), Vitamin B2: 0.07mg (4.1%), Calcium: 34.14mg (3.41%), Iron: 0.52mg (2.89%), Zinc: 0.36mg (2.37%), Selenium: 1µg (1.44%)