



Lemon Sauce II

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



127 kcal

SAUCE

Ingredients

- 1.5 tablespoons tapioca/arrowroot flour
- 0.3 cup honey
- 2 tablespoons juice of lemon
- 2 teaspoons lemon zest
- 1 cup orange juice

Equipment

- sauce pan
- whisk

Directions

- In a small saucepan over low heat, whisk together the orange juice and arrowroot powder.
- Whisk in lemon juice and honey, and cook stirring until thickened. Stir in the lemon zest and serve.

Nutrition Facts

PROTEIN 1.68% **FAT 0.98%** **CARBS 97.34%**

Properties

Glycemic Index:47.32, Glycemic Load:17.59, Inflammation Score:-3, Nutrition Score:3.4226087667048%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 8.49mg, Hesperetin: 8.49mg, Hesperetin: 8.49mg, Hesperetin: 8.49mg Naringenin: 1.43mg, Naringenin: 1.43mg, Naringenin: 1.43mg, Naringenin: 1.43mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 126.61kcal (6.33%), Fat: 0.15g (0.23%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 33.05g (11.02%), Net Carbohydrates: 32.64g (11.87%), Sugar: 28.63g (31.81%), Cholesterol: 0mg (0%), Sodium: 1.95mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin C: 35.33mg (42.83%), Folate: 21µg (5.25%), Potassium: 148.35mg (4.24%), Vitamin B1: 0.06mg (3.88%), Vitamin A: 124.95IU (2.5%), Manganese: 0.05mg (2.31%), Copper: 0.04mg (2.04%), Magnesium: 8.07mg (2.02%), Vitamin B6: 0.04mg (1.85%), Vitamin B2: 0.03mg (1.84%), Fiber: 0.41g (1.64%), Vitamin B5: 0.15mg (1.54%), Iron: 0.27mg (1.48%), Vitamin B3: 0.29mg (1.47%), Phosphorus: 12.54mg (1.25%), Calcium: 11.51mg (1.15%)