



Marmalade Dip



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.5 teaspoon horseradish prepared



0.5 cup orange marmalade



2 teaspoons lite soy sauce

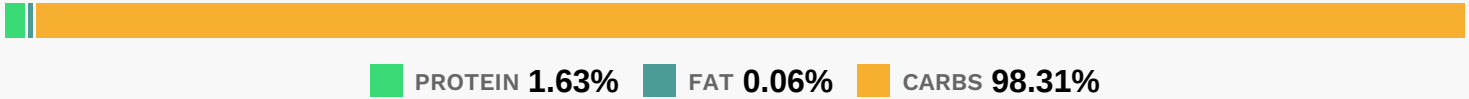
Equipment

Directions



Stir together all ingredients.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.4152173978155%

Nutrients (% of daily need)

Calories: 201kcal (10.05%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 53.52g (17.84%), Net Carbohydrates: 52.87g (19.22%), Sugar: 48.2g (53.56%), Cholesterol: 0mg (0%), Sodium: 385.21mg (16.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.77%), Vitamin C: 4.15mg (5.03%), Copper: 0.08mg (4.04%), Calcium: 32.3mg (3.23%), Fiber: 0.65g (2.6%), Manganese: 0.05mg (2.38%), Folate: 8.99µg (2.25%), Vitamin B2: 0.03mg (1.73%), Iron: 0.27mg (1.49%), Vitamin B3: 0.28mg (1.42%), Vitamin B6: 0.03mg (1.41%), Potassium: 45.4mg (1.3%), Phosphorus: 11.39mg (1.14%), Magnesium: 4.34mg (1.08%)