



Maui Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



142 kcal

SAUCE

Ingredients

- ☐ 3 tablespoons mayonnaise
- ☐ 1 cup pineapple juice
- ☐ 0.3 cup rice wine vinegar
- ☐ 1 teaspoon soya sauce

Equipment

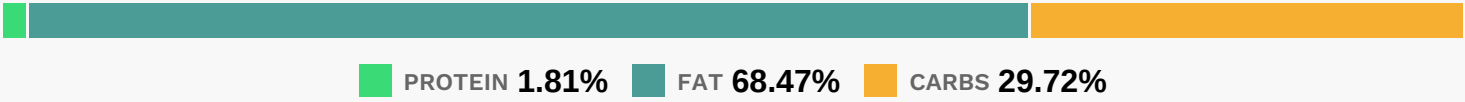
- ☐ sauce pan
- ☐ whisk

Directions

- ☐
- Bring juice and vinegar to a boil in a small saucepan over medium-high heat. Boil 8 to 10 minutes or until mixture is reduced by half. Stir in soy sauce, and cool slightly.

☐☐

Nutrition Facts



Properties

Glycemic Index:53.67, Glycemic Load:4.64, Inflammation Score:-1, Nutrition Score:3.7508694905302%

Nutrients (% of daily need)

Calories: 141.92kcal (7.1%), Fat: 10.57g (16.26%), Saturated Fat: 1.64g (10.28%), Carbohydrates: 10.32g (3.44%), Net Carbohydrates: 10.15g (3.69%), Sugar: 7.97g (8.86%), Cholesterol: 5.88mg (1.96%), Sodium: 202.62mg (8.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin K: 23.06µg (21.96%), Manganese: 0.42mg (20.96%), Vitamin C: 7.87mg (9.54%), Vitamin B6: 0.08mg (4.19%), Folate: 15.22µg (3.8%), Vitamin B1: 0.05mg (3.21%), Vitamin E: 0.47mg (3.17%), Potassium: 109.73mg (3.14%), Copper: 0.06mg (3.05%), Magnesium: 10.59mg (2.65%), Iron: 0.33mg (1.82%), Vitamin B2: 0.02mg (1.31%), Calcium: 13.02mg (1.3%), Phosphorus: 12.68mg (1.27%), Vitamin B3: 0.24mg (1.18%)