



Orange-Balsamic Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



150 kcal

SAUCE

Ingredients

- 1 cup balsamic vinaigrette dressing kraft
- 0.3 cup brown sugar packed
- 1 cinnamon sticks
- 1 cup orange juice
- 1 tsp orange zest

Equipment

- sauce pan

Directions

- Bring first 4 ingredients to boil in saucepan. Cook on medium–low heat 10 to 15 min. or until slightly thickened and reduced by half, stirring occasionally.
- Remove cinnamon stick; stir in zest.
- Serve warm with roasted chicken, turkey, duck, pork or ham, or toss with cooked sliced carrots, sweet potatoes or beets.

Nutrition Facts

PROTEIN 0.66% **FAT 66.04%** **CARBS 33.3%**

Properties

Glycemic Index:7.13, Glycemic Load:1.65, Inflammation Score:-1, Nutrition Score:1.7826086587232%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 149.57kcal (7.48%), Fat: 10.89g (16.75%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 12.35g (4.12%), Net Carbohydrates: 12.03g (4.37%), Sugar: 10.26g (11.41%), Cholesterol: 0mg (0%), Sodium: 267.79mg (11.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.49%), Vitamin C: 15.86mg (19.22%), Manganese: 0.09mg (4.26%), Folate: 9.47µg (2.37%), Potassium: 73.56mg (2.1%), Vitamin B1: 0.03mg (1.89%), Calcium: 16.85mg (1.68%), Vitamin A: 64.34IU (1.29%), Fiber: 0.32g (1.28%), Magnesium: 4.35mg (1.09%)