



Orange-Balsamic Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



86 kcal

SAUCE

Ingredients

- 0.3 cup balsamic vinegar
- 1 garlic clove halved
- 0.7 cup orange juice
- 0.5 teaspoon cracked pepper black
- 0.1 teaspoon salt
- 0.5 cup shallots minced (3)
- 1 teaspoon sugar

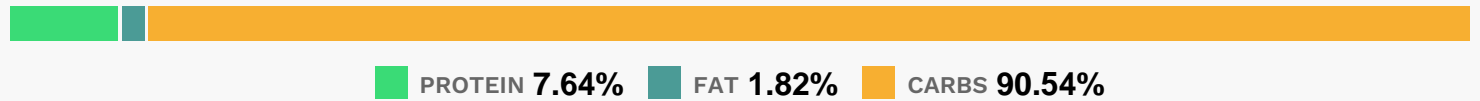
Equipment

- bowl
- sauce pan
- sieve

Directions

- Combine all ingredients in a small saucepan; bring to a boil. Reduce heat to medium; cook, uncovered, 10 minutes. Strain mixture through a fine sieve into a bowl; discard solids.

Nutrition Facts



Properties

Glycemic Index:88.03, Glycemic Load:8.01, Inflammation Score:-4, Nutrition Score:5.0091303496257%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 6.59mg, Hesperetin: 6.59mg, Hesperetin: 6.59mg, Hesperetin: 6.59mg Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 85.58kcal (4.28%), Fat: 0.17g (0.26%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 19.05g (6.35%), Net Carbohydrates: 17.58g (6.39%), Sugar: 13.31g (14.79%), Cholesterol: 0mg (0%), Sodium: 108.94mg (4.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Vitamin C: 31.02mg (37.6%), Manganese: 0.22mg (10.98%), Vitamin B6: 0.17mg (8.57%), Potassium: 282.14mg (8.06%), Folate: 30.03µg (7.51%), Fiber: 1.48g (5.91%), Vitamin B1: 0.08mg (5.04%), Iron: 0.84mg (4.66%), Magnesium: 18.57mg (4.64%), Phosphorus: 40.47mg (4.05%), Copper: 0.07mg (3.7%), Calcium: 31.66mg (3.17%), Vitamin B5: 0.23mg (2.3%), Vitamin A: 113.71IU (2.27%), Vitamin B2: 0.03mg (1.55%), Vitamin B3: 0.31mg (1.55%), Zinc: 0.22mg (1.49%)