



Orange-Dijon Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



224 kcal

SAUCE

Ingredients

- ☐ 0.3 cup dijon mustard
- ☐ 4 large garlic cloves minced
- ☐ 1 teaspoon ground ginger
- ☐ 24 ounce orange marmalade
- ☐ 0.3 cup worcestershire sauce

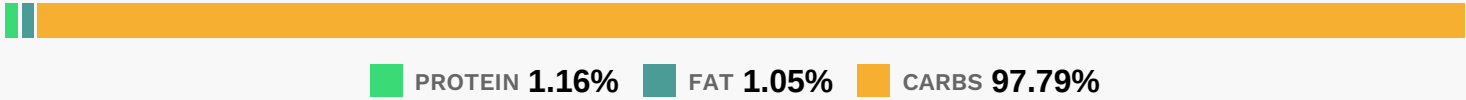
Equipment

- ☐ sauce pan

Directions

- ☐ Bring all ingredients to a boil in a small saucepan over medium heat.
- ☐ Serve with pork loin.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:2.5452174000118%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 223.66kcal (11.18%), Fat: 0.28g (0.43%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 59.13g (19.71%), Net Carbohydrates: 58.13g (21.14%), Sugar: 52.02g (57.8%), Cholesterol: 0mg (0%), Sodium: 245.26mg (10.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.41%), Manganese: 0.16mg (7.89%), Vitamin C: 5.7mg (6.91%), Copper: 0.11mg (5.26%), Selenium: 3.55µg (5.07%), Calcium: 49.42mg (4.94%), Iron: 0.78mg (4.34%), Fiber: 1g (3.99%), Potassium: 121.2mg (3.46%), Vitamin B2: 0.04mg (2.33%), Folate: 8.96µg (2.24%), Vitamin B6: 0.04mg (2.08%), Phosphorus: 19.68mg (1.97%), Magnesium: 7.46mg (1.87%), Vitamin B1: 0.03mg (1.87%), Vitamin A: 65.25IU (1.31%)