



Orange Dipping Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup orange juice
- ☐ 0.8 cup orange marmalade
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1 teaspoon mustard stone ground

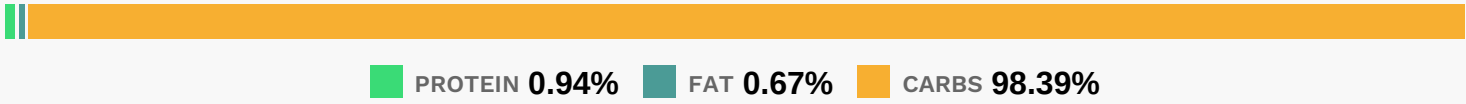
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Microwave marmalade in a small glass bowl at HIGH 20 seconds or until melted.
- ☐ Stir in orange juice, lemon juice, ground mustard, and red pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.83, Inflammation Score:-2, Nutrition Score:1.9565217352432%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 157.69kcal (7.88%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 42.1g (14.03%), Net Carbohydrates: 41.49g (15.09%), Sugar: 37.53g (41.7%), Cholesterol: 0mg (0%), Sodium: 51.68mg (2.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.8%), Vitamin C: 13.54mg (16.41%), Copper: 0.07mg (3.27%), Folate: 11.71µg (2.93%), Vitamin A: 143.66IU (2.87%), Calcium: 26.57mg (2.66%), Fiber: 0.61g (2.46%), Potassium: 67.68mg (1.93%), Vitamin B1: 0.02mg (1.45%), Vitamin B2: 0.02mg (1.41%), Vitamin B6: 0.03mg (1.36%), Selenium: 0.86µg (1.23%), Manganese: 0.02mg (1.23%), Magnesium: 4.33mg (1.08%), Iron: 0.19mg (1.06%), Vitamin E: 0.15mg (1.02%)