



Orange-Honey Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



91 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.8 cup chicken broth
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 teaspoon tarragon dried
- ☐ 0.3 cup honey
- ☐ 0.3 cup orange juice concentrate

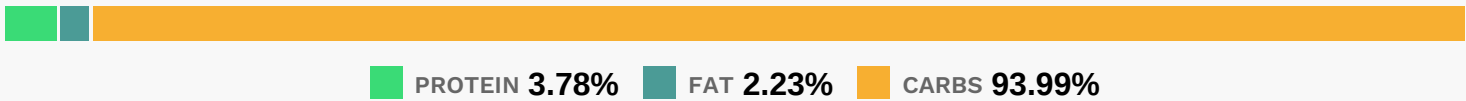
Equipment

☐ sauce pan

Directions

- ☐ Combine cornstarch and broth, stirring until smooth. Bring juice concentrate and next 4 ingredients to a boil in a small saucepan over medium heat, stirring constantly. Stir in cornstarch mixture.
- ☐ Return to a boil, stirring constantly; boil, stirring constantly, 1 minute.

Nutrition Facts



Properties

Glycemic Index:38.85, Glycemic Load:7.38, Inflammation Score:-2, Nutrition Score:3.3017391682319%

Nutrients (% of daily need)

Calories: 91.44kcal (4.57%), Fat: 0.24g (0.37%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 22.56g (7.52%), Net Carbohydrates: 22.18g (8.07%), Sugar: 19.76g (21.95%), Cholesterol: 0.7mg (0.24%), Sodium: 166.35mg (7.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Vitamin C: 27.65mg (33.52%), Vitamin B1: 0.07mg (4.38%), Potassium: 149.22mg (4.26%), Manganese: 0.08mg (4.15%), Folate: 15.68µg (3.92%), Vitamin B2: 0.06mg (3.83%), Vitamin B6: 0.06mg (3.01%), Magnesium: 9.8mg (2.45%), Selenium: 1.43µg (2.05%), Phosphorus: 18.19mg (1.82%), Vitamin B3: 0.34mg (1.69%), Vitamin A: 82.99IU (1.66%), Iron: 0.29mg (1.61%), Fiber: 0.38g (1.53%), Calcium: 14.24mg (1.42%), Copper: 0.03mg (1.37%), Vitamin B5: 0.13mg (1.3%)