



Orange-Jalapeño Glaze



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



15

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 garlic cloves minced
- ☐ 0.5 teaspoon ground ginger
- ☐ 3 medium jalapeño peppers seeded finely chopped
- ☐ 3 tablespoons maple syrup
- ☐ 1 tablespoon olive oil
- ☐ 2 cups orange juice
- ☐ 3 tablespoons orange rind grated
- ☐ 0.5 teaspoon pepper

☐ 1 teaspoon salt

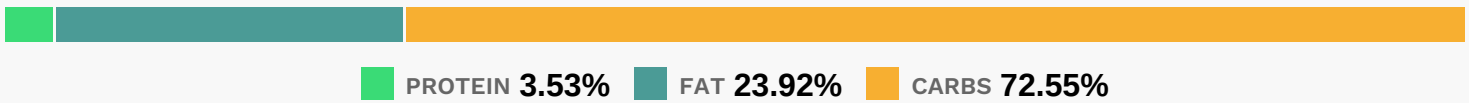
Equipment

☐ sauce pan

Directions

☐ Stir together all ingredients in a medium saucepan; bring to a boil over medium-high heat. Reduce heat to medium, and cook, stirring often, 15 minutes or until reduced by half.

Nutrition Facts



Properties

Glycemic Index:12.17, Glycemic Load:2.85, Inflammation Score:-2, Nutrition Score:2.6469565293063%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 3.95mg, Hesperetin: 3.95mg, Hesperetin: 3.95mg, Hesperetin: 3.95mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 37.49kcal (1.87%), Fat: 1.02g (1.57%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 6.97g (2.32%), Net Carbohydrates: 6.66g (2.42%), Sugar: 5.3g (5.89%), Cholesterol: 0mg (0%), Sodium: 156.03mg (6.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Vitamin C: 21.74mg (26.35%), Manganese: 0.14mg (7.19%), Vitamin B2: 0.06mg (3.82%), Folate: 11.08µg (2.77%), Potassium: 89.64mg (2.56%), Vitamin B1: 0.04mg (2.44%), Vitamin A: 101.81IU (2.04%), Vitamin B6: 0.04mg (1.88%), Vitamin E: 0.25mg (1.68%), Magnesium: 5.62mg (1.41%), Fiber: 0.31g (1.26%), Calcium: 12.19mg (1.22%), Vitamin K: 1.24µg (1.18%), Copper: 0.02mg (1.03%)