



Orange-Lime Dip



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 tablespoon juice of lime fresh



10 ounce orange marmalade



3 tablespoons spicy brown mustard

Equipment

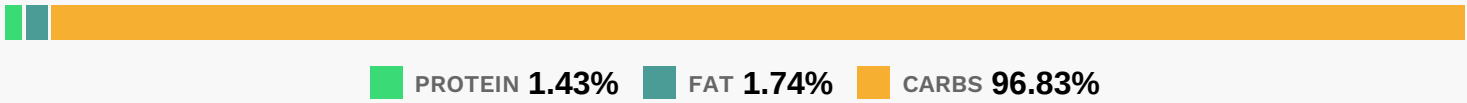


sauce pan

Directions

- ☐
- Combine all ingredients in a small saucepan; cook over medium heat, stirring constantly, until marmalade melts.
- ☐
- Remove from heat; cool. Dip may be stored in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.4565217456092%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 145.72kcal (7.29%), Fat: 0.31g (0.47%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 38.32g (12.77%), Net Carbohydrates: 37.53g (13.65%), Sugar: 34.2g (38%), Cholesterol: 0mg (0%), Sodium: 130.81mg (5.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.13%), Selenium: 3.4µg (4.86%), Vitamin C: 3.66mg (4.43%), Fiber: 0.8g (3.18%), Copper: 0.06mg (2.92%), Calcium: 27.64mg (2.76%), Manganese: 0.05mg (2.47%), Folate: 6.03µg (1.51%), Magnesium: 5.69mg (1.42%), Vitamin B1: 0.02mg (1.37%), Iron: 0.23mg (1.28%), Phosphorus: 12.41mg (1.24%), Vitamin B2: 0.02mg (1.21%), Potassium: 37.99mg (1.09%)