



Orange Marmalade Sauce

 **Gluten Free**

READY IN



45 min.

SERVINGS



10

CALORIES



56 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 tablespoon cornstarch
- 1 large eggs
- 1.8 cups milk 1% low-fat
- 1 teaspoon butter softened
- 2 tablespoons orange marmalade
- 0.5 teaspoon orange rind grated
- 3 tablespoons sugar
- 0.5 teaspoon vanilla extract

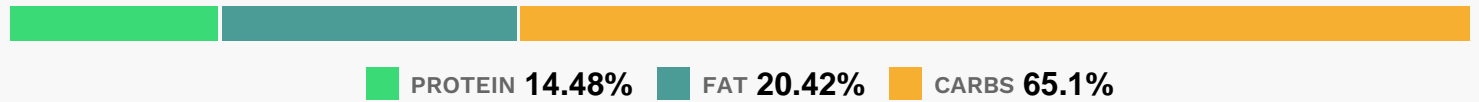
Equipment

- whisk
- double boiler

Directions

- Combine first 4 ingredients in the top of a double boiler; stir well with a whisk. Cook over simmering water until thick (about 6 minutes), stirring constantly.
- Remove from heat; stir in marmalade and remaining ingredients.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:2.51, Inflammation Score:-1, Nutrition Score:1.9578260761564%

Nutrients (% of daily need)

Calories: 55.92kcal (2.8%), Fat: 1.28g (1.97%), Saturated Fat: 0.47g (2.97%), Carbohydrates: 9.2g (3.07%), Net Carbohydrates: 9.16g (3.33%), Sugar: 8.09g (8.98%), Cholesterol: 20.67mg (6.89%), Sodium: 30.29mg (1.32%), Alcohol: 0.07g (100%), Alcohol %: 0.16% (100%), Protein: 2.05g (4.09%), Calcium: 56.74mg (5.67%), Phosphorus: 52.85mg (5.29%), Vitamin B12: 0.3µg (4.95%), Vitamin B2: 0.08mg (4.87%), Vitamin D: 0.55µg (3.7%), Selenium: 2.47µg (3.53%), Vitamin A: 128.73IU (2.57%), Vitamin B5: 0.23mg (2.27%), Potassium: 74.86mg (2.14%), Vitamin B1: 0.03mg (1.73%), Vitamin B6: 0.03mg (1.72%), Zinc: 0.25mg (1.63%), Magnesium: 5.72mg (1.43%)