



Orange Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



21 kcal

SAUCE

Ingredients

- 1 teaspoon cornstarch
- 0.5 large cranberry-orange relish peeled coarsely chopped
- 0.3 cup orange juice fresh
- 0.3 teaspoon orange rind grated
- 1.5 teaspoons sugar
- 0.1 teaspoon vanilla extract

Equipment

- sauce pan

Directions

- Combine first 3 ingredients in a small saucepan, stirring until smooth. Bring to a boil over medium heat, stirring constantly; boil 1 minute. Stir in orange rind, vanilla, and orange.

Nutrition Facts

PROTEIN 4.83% **FAT 2.12%** **CARBS 93.05%**

Properties

Glycemic Index:32.92, Glycemic Load:2.23, Inflammation Score:-2, Nutrition Score:1.5382608308902%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 6.5mg, Hesperetin: 6.5mg, Hesperetin: 6.5mg, Hesperetin: 6.5mg Naringenin: 3.08mg, Naringenin: 3.08mg, Naringenin: 3.08mg, Naringenin: 3.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 20.76kcal (1.04%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 4.58g (1.66%), Sugar: 3.97g (4.41%), Cholesterol: 0mg (0%), Sodium: 0.18mg (0.01%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Protein: 0.26g (0.52%), Vitamin C: 16.12mg (19.55%), Folate: 9.27µg (2.32%), Fiber: 0.48g (1.92%), Vitamin B1: 0.03mg (1.82%), Potassium: 58.5mg (1.67%), Vitamin A: 66.62IU (1.33%)