



Orange Sauce for Crepes

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



379 kcal

SAUCE

Ingredients

- 0.5 cup butter
- 0.5 cup plus light
- 0.5 cup orange juice concentrate frozen thawed
- 1 cup sugar white


Equipment

- sauce pan

Directions

- Combine sugar, butter, corn syrup and orange juice concentrate in a medium saucepan over medium heat. Bring to a boil, reduce heat and simmer 5 minutes more.
- Serve.

Nutrition Facts

 **PROTEIN 0.74%**  **FAT 35.33%**  **CARBS 63.93%**

Properties

Glycemic Index:23.18, Glycemic Load:27.42, Inflammation Score:-4, Nutrition Score:4.0626086100288%

Nutrients (% of daily need)

Calories: 379.41kcal (18.97%), Fat: 15.56g (23.94%), Saturated Fat: 9.74g (60.86%), Carbohydrates: 63.37g (21.12%), Net Carbohydrates: 63.13g (22.96%), Sugar: 62.13g (69.03%), Cholesterol: 40.67mg (13.56%), Sodium: 141.24mg (6.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Vitamin C: 34.32mg (41.6%), Vitamin A: 562.42IU (11.25%), Vitamin B1: 0.08mg (5.52%), Folate: 18.79µg (4.7%), Potassium: 154.35mg (4.41%), Vitamin E: 0.58mg (3.87%), Vitamin B2: 0.05mg (3.19%), Vitamin B6: 0.06mg (3.11%), Magnesium: 8.95mg (2.24%), Phosphorus: 18.98mg (1.9%), Calcium: 17.56mg (1.76%), Vitamin B5: 0.15mg (1.53%), Vitamin K: 1.42µg (1.35%), Vitamin B3: 0.27mg (1.33%), Zinc: 0.18mg (1.22%)