



Pepper Jelly Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



16 kcal

CONDIMENT

DIP

SPREAD

Ingredients

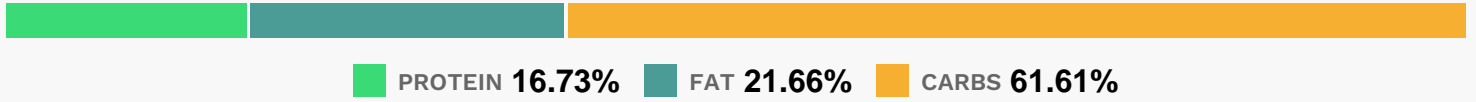
- 1 teaspoon horseradish prepared
- 0.7 cup bell pepper red
- 1 teaspoon orange zest
- 2 tablespoons spicy brown mustard

Equipment

Directions

Stir together red pepper jelly, spicy brown mustard, horseradish, and orange zest.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.5, Inflammation Score:-7, Nutrition Score:5.3247826410377%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 16.16kcal (0.81%), Fat: 0.45g (0.69%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 2.88g (0.96%), Net Carbohydrates: 1.63g (0.59%), Sugar: 1.67g (1.85%), Cholesterol: 0mg (0%), Sodium: 118.34mg (5.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.56%), Vitamin C: 43.74mg (53.02%), Vitamin A: 1046.64IU (20.93%), Vitamin B6: 0.11mg (5.28%), Fiber: 1.25g (5%), Selenium: 3.49µg (4.98%), Folate: 17.08µg (4.27%), Manganese: 0.08mg (4.04%), Vitamin E: 0.56mg (3.73%), Potassium: 90.38mg (2.58%), Vitamin B1: 0.04mg (2.51%), Magnesium: 9.37mg (2.34%), Vitamin B2: 0.04mg (2.1%), Phosphorus: 20.07mg (2.01%), Vitamin B3: 0.39mg (1.96%), Iron: 0.31mg (1.74%), Vitamin K: 1.79µg (1.71%), Vitamin B5: 0.14mg (1.4%), Zinc: 0.16mg (1.08%), Calcium: 10.62mg (1.06%)