



Pineapple Raisin Sauce

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



71 kcal

SAUCE

Ingredients

- 0.3 cup brown sugar
- 1 tablespoon butter
- 2 tablespoons cornstarch
- 0.3 teaspoon ground cloves
- 2 cups pineapple juice
- 0.5 cup raisins
- 0.1 teaspoon salt
- 0.3 cup vinegar white

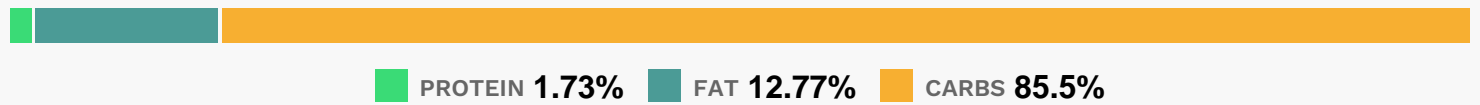
Equipment

- sauce pan
- whisk

Directions

- Combine brown sugar and cornstarch in a saucepan; stir pineapple juice, vinegar, and salt into brown sugar mixture until combined.
- Bring pineapple juice mixture to a boil, whisking constantly, until sugar dissolves, about 10 minutes.
- Remove from heat.
- Whisk butter and cloves into pineapple juice mixture; stir raisins into mixture.
- Serve immediately or refrigerate overnight.

Nutrition Facts



Properties

Glycemic Index:17.07, Glycemic Load:4.84, Inflammation Score:-1, Nutrition Score:1.7904347815429%

Nutrients (% of daily need)

Calories: 70.66kcal (3.53%), Fat: 1.03g (1.59%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 15.55g (5.18%), Net Carbohydrates: 15.03g (5.47%), Sugar: 8.38g (9.31%), Cholesterol: 2.51mg (0.84%), Sodium: 35.83mg (1.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.63%), Manganese: 0.25mg (12.3%), Vitamin C: 4.26mg (5.16%), Potassium: 107.93mg (3.08%), Vitamin B6: 0.05mg (2.64%), Copper: 0.05mg (2.43%), Fiber: 0.52g (2.06%), Vitamin B1: 0.03mg (1.98%), Folate: 7.35µg (1.84%), Iron: 0.32mg (1.8%), Magnesium: 7.17mg (1.79%), Vitamin B2: 0.02mg (1.16%), Calcium: 11.51mg (1.15%)