



## Raisin Pineapple Sauce for Ham

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



291 kcal

SAUCE

### Ingredients

- 1 tablespoon cornstarch
- 0.5 cup ground mustard dry
- 0.3 cup pineapple chunks canned drained chopped to taste
- 0.8 cup pineapple juice
- 0.5 cup raisins
- 0.5 cup currant jelly red

### Equipment

- sauce pan

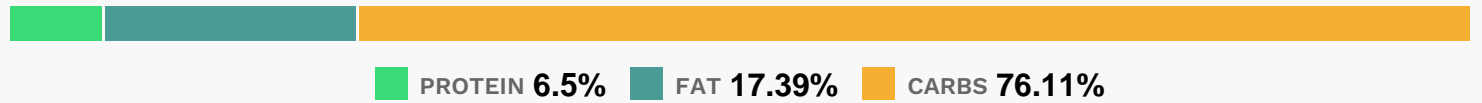
whisk

## Directions

Whisk together the pineapple juice with cornstarch in a small saucepan over medium heat, and stir in the dry mustard powder, red currant jelly, raisins, and pineapple. (Lumps of jelly will dissolve as mixture heats.) Bring the sauce to a boil, stirring constantly, and simmer until thickened, 1 to 2 minutes. Keep raisins stirred into sauce as it cooks so they don't burn.

Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:39.95, Glycemic Load:26.07, Inflammation Score:-4, Nutrition Score:10.70173899635%

## Nutrients (% of daily need)

Calories: 291.12kcal (14.56%), Fat: 5.86g (9.02%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 57.72g (19.24%), Net Carbohydrates: 53.81g (19.57%), Sugar: 28.2g (31.33%), Cholesterol: 0mg (0%), Sodium: 21.92mg (0.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.86%), Selenium: 33.63µg (48.05%), Manganese: 0.67mg (33.6%), Magnesium: 72.54mg (18.13%), Fiber: 3.9g (15.62%), Phosphorus: 155.88mg (15.59%), Vitamin C: 11.64mg (14.11%), Vitamin B1: 0.19mg (12.91%), Iron: 2.3mg (12.8%), Copper: 0.25mg (12.27%), Potassium: 373.49mg (10.67%), Folate: 39.24µg (9.81%), Vitamin B6: 0.16mg (8%), Zinc: 1.07mg (7.15%), Vitamin B2: 0.12mg (6.97%), Calcium: 63.3mg (6.33%), Vitamin E: 0.86mg (5.7%), Vitamin B3: 1.09mg (5.43%), Vitamin B5: 0.17mg (1.68%), Vitamin K: 1.08µg (1.03%)