



Raisin Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



162 kcal

SAUCE

Ingredients

- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 1 tablespoon butter
- ☐ 0.5 cup golden raisins
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.1 teaspoon mace
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons vinegar

- ☐ 0.3 cup water
- ☐ 0.5 cup jellied cranberry sauce
- ☐ 0.8 teaspoon worcestershire sauce

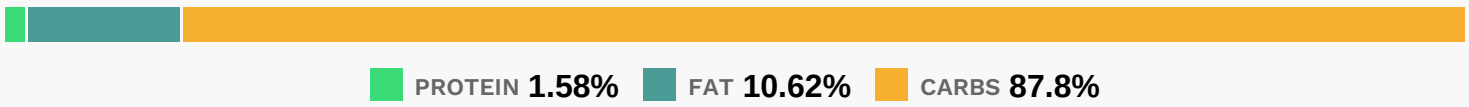
Equipment

- ☐ sauce pan

Directions

- ☐ Stir together all ingredients in a small saucepan; heat over low heat, stirring until cranberry sauce melts.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:31.44, Glycemic Load:5.18, Inflammation Score:-1, Nutrition Score:1.5691304436844%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 161.94kcal (8.1%), Fat: 2g (3.08%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 37.24g (12.41%), Net Carbohydrates: 36.47g (13.26%), Sugar: 32.44g (36.04%), Cholesterol: 5.02mg (1.67%), Sodium: 130.15mg (5.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Manganese: 0.1mg (4.86%), Potassium: 128.92mg (3.68%), Copper: 0.06mg (3.19%), Fiber: 0.77g (3.09%), Iron: 0.5mg (2.78%), Vitamin B6: 0.05mg (2.51%), Calcium: 24.91mg (2.49%), Vitamin E: 0.29mg (1.94%), Vitamin B2: 0.03mg (1.77%), Magnesium: 6.89mg (1.72%), Phosphorus: 16.94mg (1.69%), Vitamin A: 69.33IU (1.39%)