



Raisin Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



205 kcal

SAUCE

Ingredients

- ☐ 0.7 cup apple jelly
- ☐ 2 tablespoons butter
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 teaspoon mace
- ☐ 0.1 teaspoon pepper
- ☐ 1 cup raisins
- ☐ 0.3 teaspoon salt

- ☐ 1 cup sugar
- ☐ 3 tablespoons citrus champagne vinegar

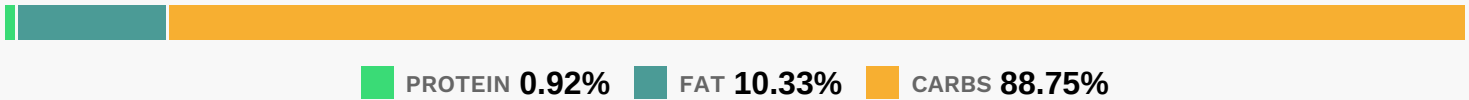
Equipment

- ☐ frying pan

Directions

- ☐ In a 2- to 3-quart pan over medium heat, stir sugar and 1/2 cup water until the sugar is dissolved, about 2 minutes.
- ☐ Add raisins, jelly, vinegar, butter, lemon juice, cloves, mace, salt, and pepper; reduce heat to low and simmer, stirring often, until raisin sauce is reduced to 2 1/4 cups, about 15 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:21.59, Glycemic Load:28.53, Inflammation Score:-1, Nutrition Score:1.7500000079365%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 204.69kcal (10.23%), Fat: 2.44g (3.75%), Saturated Fat: 0.5g (3.15%), Carbohydrates: 47.13g (15.71%), Net Carbohydrates: 45.86g (16.68%), Sugar: 30.99g (34.44%), Cholesterol: 0mg (0%), Sodium: 96.61mg (4.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Fiber: 1.27g (5.09%), Manganese: 0.09mg (4.25%), Vitamin C: 3.4mg (4.12%), Potassium: 143.04mg (4.09%), Copper: 0.07mg (3.52%), Iron: 0.53mg (2.97%), Vitamin B2: 0.05mg (2.89%), Vitamin A: 100.86IU (2.02%), Phosphorus: 16.45mg (1.65%), Vitamin B6: 0.03mg (1.65%), Magnesium: 5.87mg (1.47%), Vitamin B1: 0.02mg (1.38%), Calcium: 10.58mg (1.06%)