



## Raisin Sauce for Ham

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



77 kcal

SAUCE

### Ingredients

- 2 tablespoons cornstarch
- 2 tablespoons juice of lemon
- 0.5 cup brown sugar light packed
- 1 teaspoon ground mustard dry
- 1 cup raisins dark
- 1.3 cups water

### Equipment

- sauce pan

## Directions

- Heat brown sugar, cornstarch, and dry mustard in a 1-quart saucepan over medium heat and stir until sugar dissolves, 3 to 5 minutes.
- Gradually stir water and lemon juice into brown sugar mixture.
- Stir raisins into mixture and bring to a boil, stirring constantly, about 5 minutes.

## Nutrition Facts

**PROTEIN 1.8%** **FAT 1.45%** **CARBS 96.75%**

## Properties

Glycemic Index:4.9, Glycemic Load:5.09, Inflammation Score:-1, Nutrition Score:1.1065217383692%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 77.08kcal (3.85%), Fat: 0.13g (0.2%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 19.91g (6.64%), Net Carbohydrates: 19.05g (6.93%), Sugar: 8.97g (9.96%), Cholesterol: 0mg (0%), Sodium: 7.35mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.74%), Fiber: 0.86g (3.45%), Potassium: 115.72mg (3.31%), Copper: 0.05mg (2.34%), Iron: 0.4mg (2.23%), Manganese: 0.04mg (2.16%), Vitamin C: 1.63mg (1.98%), Vitamin B6: 0.03mg (1.41%), Magnesium: 5.5mg (1.38%), Vitamin B2: 0.02mg (1.34%), Calcium: 12.35mg (1.24%), Phosphorus: 11.18mg (1.12%), Vitamin B1: 0.02mg (1.03%)