



Raisin Sauce for Ham II



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



10

CALORIES



92 kcal

SAUCE

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 2 tablespoons cornstarch
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 teaspoon lemon zest grated
- ☐ 1 teaspoon ground mustard
- ☐ 1 cup raisins
- ☐ 1.5 cups water
- ☐ 1 tablespoon vinegar white

Equipment

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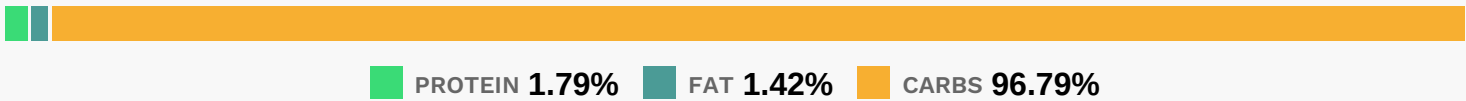
 sauce pan

Directions

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 In a saucepan, stir together brown sugar, cornstarch and mustard powder. Slowly stir in vinegar, then add raisins, lemon zest, lemon juice and water. Cook over medium heat, stirring frequently, until mixture comes to a boil.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:6.11, Inflammation Score:-1, Nutrition Score:1.2969565233621%

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: 92.47kcal (4.62%), Fat: 0.16g (0.24%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 23.8g (7.93%), Net Carbohydrates: 22.76g (8.28%), Sugar: 10.72g (11.92%), Cholesterol: 0mg (0%), Sodium: 9.13mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Fiber: 1.03g (4.14%), Potassium: 137.44mg (3.93%), Copper: 0.06mg (2.86%), Iron: 0.48mg (2.68%), Manganese: 0.05mg (2.63%), Vitamin C: 1.44mg (1.75%), Vitamin B6: 0.03mg (1.67%), Magnesium: 6.6mg (1.65%), Vitamin B2: 0.03mg (1.6%), Calcium: 15.07mg (1.51%), Phosphorus: 13.37mg (1.34%), Vitamin B1: 0.02mg (1.22%)