



Rosemary-Cherry Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



189 kcal

SAUCE

Ingredients

- 1 tablespoon balsamic vinegar
- 0.5 cup cherry fruit spread
- 2 teaspoons cornstarch
- 0.5 cup chicken broth fat-free
- 0.5 teaspoon ginger fresh grated
- 1 tablespoon rosemary fresh chopped
- 1 garlic clove minced
- 1 teaspoon olive oil

- 0.3 cup onion chopped
- 0.5 teaspoon pepper
- 0.3 teaspoon salt

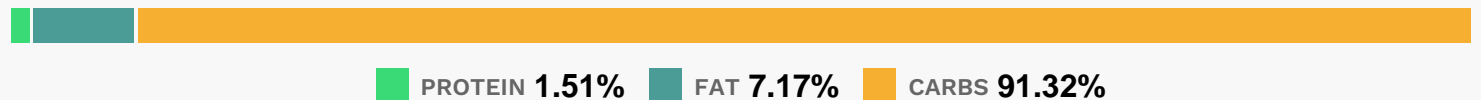
Equipment

- sauce pan
- whisk

Directions

- Cook onion in hot olive oil in a small saucepan over medium heat 5 minutes or until onion is tender.
- Add garlic and ginger; cook 1 minute.
- Whisk in broth and fruit spread; bring to a boil.
- Whisk together vinegar and remaining ingredients, and whisk into boiling onion mixture. Cook, whisking constantly, 1 to 2 minutes or until sauce is thickened.
- Serve immediately.
- Note: If sauce is too thick, add a little extra chicken broth, and cook, covered, over low heat until thoroughly heated, stirring often.
- *For testing purposes only, we used Polaner All Fruit for cherry fruit spread. Seedless raspberry or blackberry jam may be substituted.

Nutrition Facts



Properties

Glycemic Index:69.67, Glycemic Load:22, Inflammation Score:-2, Nutrition Score:2.3604347835416%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg, Myricetin: 0.02mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 189.41kcal (9.47%), Fat: 1.51g (2.32%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 43.21g (14.4%), Net Carbohydrates: 42.14g (15.32%), Sugar: 28.92g (32.13%), Cholesterol: 0mg (0%), Sodium: 369.02mg (16.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.43%), Vitamin C: 6.45mg (7.81%), Manganese: 0.12mg (5.93%), Fiber: 1.07g (4.27%), Copper: 0.08mg (4.07%), Vitamin B2: 0.06mg (3.38%), Selenium: 2.23µg (3.19%), Iron: 0.51mg (2.82%), Potassium: 94.79mg (2.71%), Folate: 9.99µg (2.5%), Vitamin B6: 0.05mg (2.44%), Calcium: 22.97mg (2.3%), Phosphorus: 22.59mg (2.26%), Vitamin E: 0.27mg (1.79%), Magnesium: 6.23mg (1.56%), Vitamin B1: 0.02mg (1.37%), Vitamin K: 1.42µg (1.35%), Vitamin B3: 0.27mg (1.33%), Vitamin B12: 0.08µg (1.26%)