



Savory Apricot-Mustard Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



50 kcal

SAUCE

Ingredients

- ☐ 1.5 teaspoons cider vinegar
- ☐ 0.3 teaspoon ginger root finely grated
- ☐ 0.5 cup smucker's® orchard's coastal valley peach apricot preserves
- ☐ 1.5 teaspoons soya sauce
- ☐ 2 tablespoons spicy brown mustard

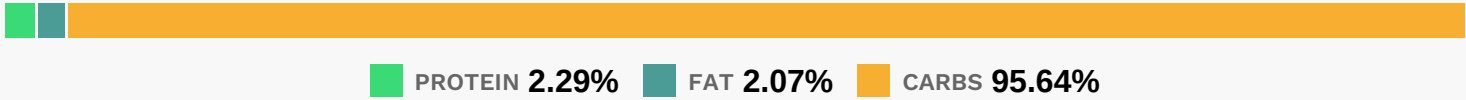
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Combine preserves, mustard, soy sauce, vinegar and gingerroot in medium microwave-safe bowl; mix well.
- ☐ Microwave on HIGH 30 seconds or until warm. Stir.
- ☐ Serve over grilled pork, chicken or ham or use as a dipping sauce with appetizers.

Nutrition Facts



Properties

Glycemic Index:15.7, Glycemic Load:6.36, Inflammation Score:-1, Nutrition Score:0.61913043260574%

Nutrients (% of daily need)

Calories: 49.83kcal (2.49%), Fat: 0.11g (0.18%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 11.94g (3.98%), Net Carbohydrates: 11.61g (4.22%), Sugar: 8.31g (9.23%), Cholesterol: 0mg (0%), Sodium: 88.76mg (3.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.57%), Selenium: 1.37µg (1.95%), Vitamin C: 1.51mg (1.83%), Fiber: 0.32g (1.3%), Manganese: 0.03mg (1.29%), Copper: 0.02mg (1.03%)