



Savory Orange Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



177 kcal

SAUCE

Ingredients



1 tablespoon dijon mustard



0.5 teaspoon ground ginger



10 ounce orange marmalade

Equipment



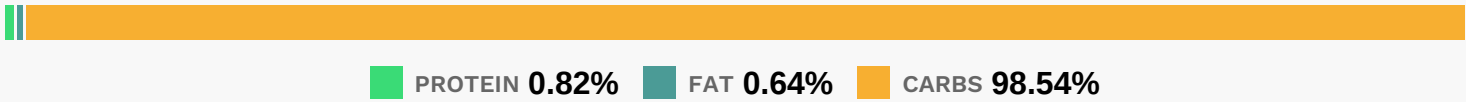
mixing bowl

Directions

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Combine all ingredients in a small mixing bowl, stirring well. Cover and store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.4043478387529%

Nutrients (% of daily need)

Calories: 177.47kcal (8.87%), Fat: 0.14g (0.21%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 47.37g (15.79%), Net Carbohydrates: 46.67g (16.97%), Sugar: 42.59g (47.32%), Cholesterol: 0mg (0%), Sodium: 81.01mg (3.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.79%), Manganese: 0.11mg (5.65%), Vitamin C: 3.42mg (4.14%), Copper: 0.07mg (3.39%), Calcium: 29.58mg (2.96%), Fiber: 0.69g (2.77%), Selenium: 1.84µg (2.63%), Folate: 6.67µg (1.67%), Vitamin B2: 0.02mg (1.21%), Iron: 0.22mg (1.2%)