



Scuppernong-Orange Glaze



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



157 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 cup honey
- ☐ 4 cups scuppernong juice
- ☐ 2 cups orange juice
- ☐ 1 teaspoon orange rind grated

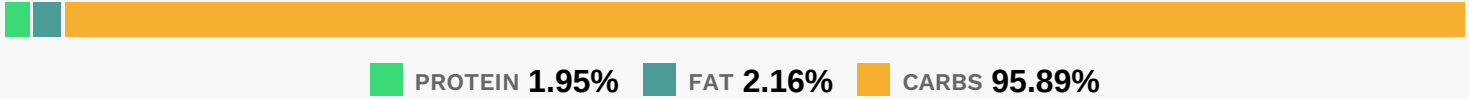
Equipment

- ☐ dutch oven

Directions

☐ Bring Scuppernong Juice and orange juice to a boil in a Dutch oven; boil until reduced to 1 1/2 cups (about 1 1/2 hours). Stir in remaining ingredients. Use as a glaze for pork, chicken, ham, or duck. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:17.93, Inflammation Score:-4, Nutrition Score:5.2152174477992%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epicatechin: 7.79mg, Epicatechin: 7.79mg, Epicatechin: 7.79mg, Epicatechin: 7.79mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 156.74kcal (7.84%), Fat: 0.39g (0.6%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 39.06g (13.02%), Net Carbohydrates: 38.47g (13.99%), Sugar: 34.45g (38.28%), Cholesterol: 0mg (0%), Sodium: 8.25mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.59%), Vitamin C: 43.35mg (52.54%), Manganese: 0.2mg (9.77%), Potassium: 341.22mg (9.75%), Vitamin B1: 0.11mg (7.31%), Folate: 25.2µg (6.3%), Magnesium: 17.93mg (4.48%), Vitamin B2: 0.06mg (3.46%), Vitamin A: 168.52IU (3.37%), Vitamin B6: 0.07mg (3.36%), Copper: 0.06mg (3.1%), Phosphorus: 26.35mg (2.63%), Vitamin B5: 0.25mg (2.5%), Iron: 0.44mg (2.42%), Calcium: 24.23mg (2.42%), Vitamin B3: 0.47mg (2.36%), Fiber: 0.59g (2.35%)