

Spicy Currant Sauce for Ham

 **Gluten Free**

READY IN

ready

30 min.

SERVINGS

servings

24

CALORIES

calories

102 kcal

SAUCE

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 0.3 cup cider vinegar
- ☐ 1 cup currants dried
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 pinch mace
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 cup currant jelly

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup water hot
- ☐ 2 tablespoons worcestershire sauce

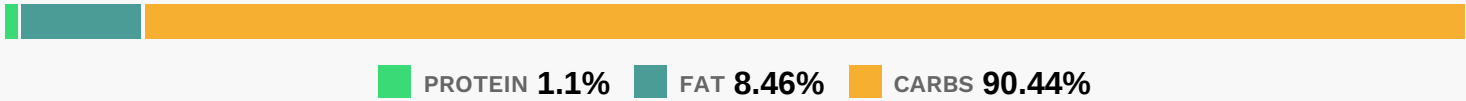
Equipment

- ☐ sauce pan

Directions

- ☐ Stir brown sugar, dried currants, water, vinegar, Worcestershire sauce, butter, salt, black pepper, cloves, and mace together in a saucepan over medium heat, stirring occasionally until butter melts, about 10 minutes. Bring to a boil.
- ☐ Stir currant jelly into sauce and return to a gentle boil; reduce heat to low and simmer until currents are slightly plump, 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:8.42, Glycemic Load:6.39, Inflammation Score:-1, Nutrition Score:1.0686956494237%

Nutrients (% of daily need)

Calories: 101.95kcal (5.1%), Fat: 0.99g (1.52%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 23.73g (7.91%), Net Carbohydrates: 23.28g (8.47%), Sugar: 19.65g (21.84%), Cholesterol: 2.51mg (0.84%), Sodium: 84.52mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.58%), Manganese: 0.06mg (3.22%), Potassium: 84.12mg (2.4%), Copper: 0.04mg (2.09%), Vitamin C: 1.72mg (2.09%), Iron: 0.34mg (1.89%), Calcium: 18.29mg (1.83%), Fiber: 0.45g (1.78%), Vitamin B2: 0.02mg (1.28%), Vitamin B6: 0.02mg (1.23%), Phosphorus: 10.46mg (1.05%), Magnesium: 4.13mg (1.03%)