



Spicy Pineapple Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



190 kcal

SAUCE

Ingredients

- 1 tablespoon cornstarch
- 1 teaspoon ground ginger
- 2 tablespoons maple syrup
- 0.8 cup orange juice
- 20 ounce pineapple in heavy syrup with syrup reserved crushed drained canned

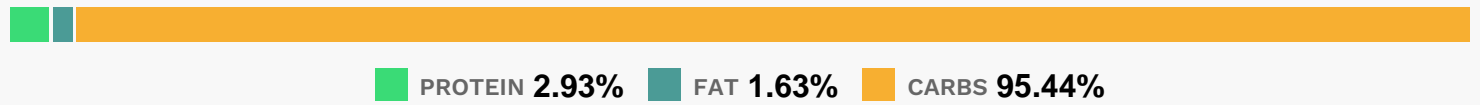
Equipment

- bowl
- sauce pan

Directions

- In a medium bowl, mix the crushed pineapple, cornstarch and ground ginger. Gradually stir in enough of the reserved pineapple juice to make the mixture smooth.
- In a medium saucepan over medium heat, blend orange juice and maple syrup. Cook and stir 5 minutes, until clear and thickened.
- Mix in the pineapple mixture. Continue to cook and stir until well blended and thick, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:6.57, Inflammation Score:-5, Nutrition Score:8.8673913180828%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 189.69kcal (9.48%), Fat: 0.36g (0.56%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 47.75g (15.92%), Net Carbohydrates: 45.05g (16.38%), Sugar: 40.17g (44.63%), Cholesterol: 0mg (0%), Sodium: 4.13mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.93%), Vitamin C: 48.77mg (59.12%), Manganese: 0.54mg (26.94%), Vitamin B1: 0.26mg (17.18%), Vitamin B2: 0.23mg (13.46%), Copper: 0.23mg (11.7%), Potassium: 397.24mg (11.35%), Fiber: 2.7g (10.8%), Magnesium: 39.48mg (9.87%), Vitamin B6: 0.17mg (8.54%), Folate: 28.14µg (7.03%), Calcium: 52.41mg (5.24%), Iron: 0.81mg (4.51%), Vitamin A: 218.7IU (4.37%), Vitamin B3: 0.86mg (4.3%), Phosphorus: 25.24mg (2.52%), Zinc: 0.34mg (2.26%), Selenium: 1.26µg (1.81%), Vitamin K: 1.39µg (1.32%), Vitamin B5: 0.12mg (1.21%)