



Sweet-and-Sour Orange Dipping Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



5

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 18 oz orange marmalade
- ☐ 1 tablespoon soya sauce
- ☐ 2 tablespoons sugar
- ☐ 0.5 cup vinegar white

Equipment

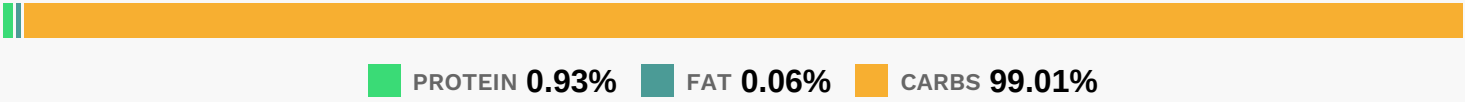
- ☐ sauce pan

Directions

- ☐
- Bring all ingredients to a boil in a small saucepan over medium heat. Cook 2 to 3 minutes or until marmalade melts.

☐☐

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:3.38, Inflammation Score:-1, Nutrition Score:1.5573913118114%

Nutrients (% of daily need)

Calories: 276.29kcal (13.81%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0%), Carbohydrates: 72.66g (24.22%), Net Carbohydrates: 71.91g (26.15%), Sugar: 66.1g (73.44%), Cholesterol: 0mg (0%), Sodium: 258.81mg (11.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.37%), Vitamin C: 4.9mg (5.94%), Copper: 0.1mg (4.93%), Calcium: 41.08mg (4.11%), Fiber: 0.74g (2.97%), Manganese: 0.05mg (2.63%), Folate: 9.83µg (2.46%), Vitamin B2: 0.03mg (1.88%), Iron: 0.25mg (1.38%), Vitamin B6: 0.03mg (1.33%), Potassium: 46mg (1.31%), Vitamin A: 63.28IU (1.27%), Selenium: 0.8µg (1.14%)