



Sweet and Sour Pineapple Ginger Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



145 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.8 cup brown sugar packed
- ☐ 2 tbsp cornstarch
- ☐ 2 tsp gingerroot grated
- ☐ 1 cup r.w. pineapple juice organic knudsen family®
- ☐ 0.3 tsp salt

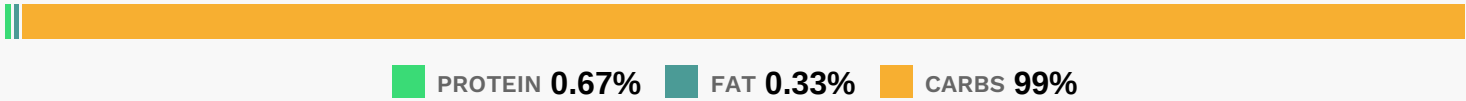
Equipment

- ☐ sauce pan

Directions

- ☐ In a medium saucepan stir together brown sugar and cornstarch. Stir in pineapple juice , balsamic vinegar, gingerroot and salt. Cook and stir until thickened and bubbly.
- ☐ Serve over grilled chicken, pork. or tofu.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:3.21, Inflammation Score:-1, Nutrition Score:1.7099999754649%

Nutrients (% of daily need)

Calories: 145.39kcal (7.27%), Fat: 0.05g (0.08%), Saturated Fat: 0g (0.03%), Carbohydrates: 36.4g (12.13%), Net Carbohydrates: 36.29g (13.19%), Sugar: 32.2g (35.78%), Cholesterol: 0mg (0%), Sodium: 108.15mg (4.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.49%), Manganese: 0.23mg (11.65%), Vitamin C: 3.97mg (4.81%), Calcium: 31.03mg (3.1%), Potassium: 102.47mg (2.93%), Vitamin B6: 0.05mg (2.58%), Copper: 0.05mg (2.29%), Iron: 0.41mg (2.28%), Magnesium: 8.84mg (2.21%), Folate: 7.43µg (1.86%), Vitamin B1: 0.02mg (1.53%)