



Sweet and Sour Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



24

CALORIES



26 kcal

SAUCE

Ingredients

- 0.5 cup brown sugar packed
- 1 tablespoon cornstarch
- 8 oz pineapple rings crushed drained canned
- 0.3 cup vinegar white
- 1 tablespoon soya sauce
- 0.3 cup bell pepper green finely chopped

Equipment

- sauce pan

Directions

- In 1-quart saucepan, mix brown sugar and cornstarch.
- Add enough water to reserved pineapple juice to measure 1/2 cup; stir into sugar mixture. Stir in vinegar and soy sauce.
- Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Stir in pineapple and bell pepper.
- Use sauce immediately, or cover and refrigerate up to 2 weeks or freeze up to 1 year.
- Serve with pork, poultry and seafood.

Nutrition Facts

   **PROTEIN 2.24%**  **FAT 0.48%**  **CARBS 97.28%**

Properties

Glycemic Index:3.13, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.43347825547275%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 25.75kcal (1.29%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 6.39g (2.13%), Net Carbohydrates: 6.23g (2.26%), Sugar: 5.84g (6.49%), Cholesterol: 0mg (0%), Sodium: 43.42mg (1.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.29%), Vitamin C: 2.14mg (2.59%)