



Sweet and Sour Sauce I



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



8

CALORIES



88 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 1 tablespoon catsup
- ☐ 0.3 cup soya sauce
- ☐ 0.7 cup water
- ☐ 0.8 cup sugar white
- ☐ 0.3 cup vinegar white

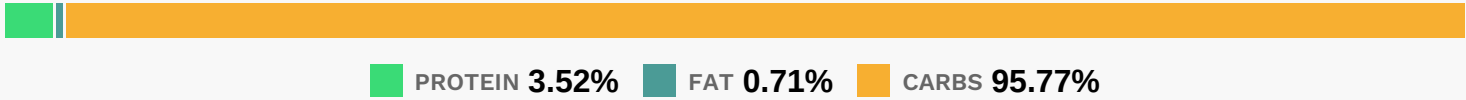
Equipment

- ☐ sauce pan

Directions

Place the sugar, vinegar, water, soy sauce, ketchup and cornstarch in a medium saucepan, and bring to a boil. Stir continuously until the mixture has thickened.

Nutrition Facts



Properties

Glycemic Index:16.89, Glycemic Load:13.14, Inflammation Score:-1, Nutrition Score:0.56956521664625%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 87.96kcal (4.4%), Fat: 0.07g (0.11%), Saturated Fat: 0g (0.01%), Carbohydrates: 21.42g (7.14%), Net Carbohydrates: 21.34g (7.76%), Sugar: 19.24g (21.38%), Cholesterol: 0mg (0%), Sodium: 423.56mg (18.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.57%), Manganese: 0.05mg (2.28%), Vitamin B3: 0.31mg (1.57%), Iron: 0.2mg (1.12%), Phosphorus: 10.6mg (1.06%), Vitamin B2: 0.02mg (1.04%)