



Sweet and Sour Sauce II

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



245 kcal

SAUCE

Ingredients

- 3 tablespoons cornstarch
- 8 ounce dole pineapple tidbits drained canned
- 6 ounce tomato paste canned
- 2 cups water
- 0.7 cup distilled vinegar white
- 1.5 cups sugar white



Equipment

- sauce pan

Directions

In a medium saucepan over medium heat, mix together water, distilled white vinegar, white sugar, tomato paste, pineapple tidbits and cornstarch. Cook, stirring occasionally, 15 minutes, or until mixture reaches desired color and consistency.

Nutrition Facts

 PROTEIN 1.07%  FAT 1.02%  CARBS 97.91%

Properties

Glycemic Index:26.35, Glycemic Load:35.49, Inflammation Score:-1, Nutrition Score:2.4260869674061%

Nutrients (% of daily need)

Calories: 244.59kcal (12.23%), Fat: 0.28g (0.44%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 61.41g (20.47%), Net Carbohydrates: 60.34g (21.94%), Sugar: 56.55g (62.83%), Cholesterol: 0mg (0%), Sodium: 43.17mg (1.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Vitamin C: 6.16mg (7.47%), Copper: 0.11mg (5.61%), Fiber: 1.07g (4.26%), Vitamin B1: 0.06mg (3.99%), Potassium: 131.62mg (3.76%), Manganese: 0.07mg (3.58%), Vitamin B6: 0.07mg (3.54%), Magnesium: 12.53mg (3.13%), Iron: 0.53mg (2.93%), Vitamin E: 0.36mg (2.41%), Vitamin B3: 0.45mg (2.27%), Calcium: 20.33mg (2.03%), Vitamin B2: 0.03mg (1.89%), Vitamin K: 1.77µg (1.68%), Vitamin A: 79.85IU (1.6%), Folate: 5.58µg (1.39%), Phosphorus: 13.37mg (1.34%), Selenium: 0.88µg (1.25%)