



Sweet and Sour Sauce with Guava



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



42 min.

SERVINGS



8

CALORIES



98 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 hawaiian chile diced red
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon ginger grated
- ☐ 3 guava split
- ☐ 2 tablespoons oil
- ☐ 1 cup pineapple juice
- ☐ 0.3 cup rice wine vinegar

- ☐ 0.3 cup soya sauce
- ☐ 3 tomatoes chopped

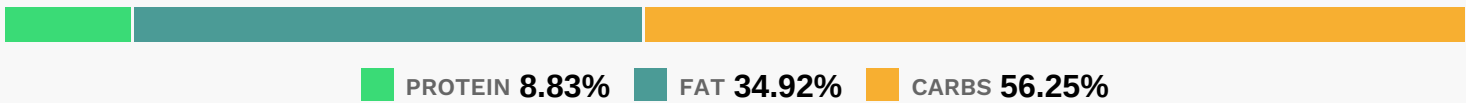
Equipment

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Coat a 3-quart saucepan with oil and place over medium heat.
- ☐ Saute the garlic, ginger, and chili in the hot oil for 2 minutes.
- ☐ Add the guava and tomatoes; continue to cook until soft, about 5 minutes. Stir in the remaining ingredients and simmer until slightly thickened, about 15 minutes. Pass the sauce through a strainer before serving.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:4.36, Inflammation Score:-7, Nutrition Score:9.4421738982201%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 97.8kcal (4.89%), Fat: 3.97g (6.11%), Saturated Fat: 0.37g (2.28%), Carbohydrates: 14.4g (4.8%), Net Carbohydrates: 11.89g (4.32%), Sugar: 10.36g (11.51%), Cholesterol: 0mg (0%), Sodium: 410.27mg (17.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Vitamin C: 90.31mg (109.46%), Manganese: 0.32mg (15.83%), Vitamin A: 638.21IU (12.76%), Fiber: 2.51g (10.04%), Potassium: 324.86mg (9.28%), Vitamin B6: 0.16mg (7.82%), Folate: 30.59µg (7.65%), Vitamin E: 1.14mg (7.61%), Vitamin K: 7.86µg (7.48%), Copper: 0.14mg (7.2%), Vitamin B3: 1.05mg (5.24%), Magnesium: 20.73mg (5.18%), Vitamin B1: 0.07mg (4.37%), Phosphorus: 39.91mg (3.99%), Iron: 0.57mg (3.17%), Vitamin B2: 0.04mg (2.63%), Vitamin B5: 0.25mg (2.5%), Calcium: 20.89mg (2.09%), Zinc: 0.24mg (1.62%)