

Uncle Bill's Sweet and Sour Sauce

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

130 kcal

SAUCE

Ingredients

- ☐ 2.5 teaspoons cornstarch
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 cup catsup
- ☐ 0.5 cup pineapple juice concentrate frozen
- ☐ 3 drops food coloring red
- ☐ 1 teaspoon seasoning salt
- ☐ 4 teaspoons soya sauce
- ☐ 0.3 cup water

- ☐ 1 cup distilled vinegar white
- ☐ 1 cup sugar white

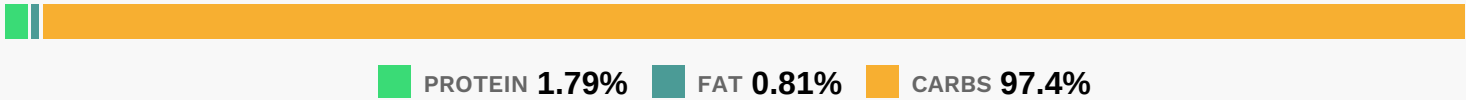
Equipment

- ☐ frying pan

Directions

- ☐ In a medium skillet combine the vinegar and sugar and bring to a boil, stirring frequently.
- ☐ Add pineapple juice concentrate, monosodium glutamate, ketchup, soy sauce, seasoning salt and garlic powder and bring to a boil. Stir until well blended.
- ☐ Add red food coloring.
- ☐ Meanwhile, in a cup mix together water and cornstarch until fully dissolved. While sauce is boiling, add cornstarch mixture slowly, stirring continuously until the mixture thickens slightly. Do not add mixture all at once as the sauce could get too thick. Use only enough cornstarch to thicken to your desired consistency. When desired consistency is reached, voila! The sauce is ready!

Nutrition Facts



Properties

Glycemic Index:23.26, Glycemic Load:18.35, Inflammation Score:-1, Nutrition Score:1.3752173833225%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 130.38kcal (6.52%), Fat: 0.12g (0.18%), Saturated Fat: 0g (0.03%), Carbohydrates: 31.93g (10.64%), Net Carbohydrates: 31.79g (11.56%), Sugar: 29.69g (32.99%), Cholesterol: 0mg (0%), Sodium: 596.15mg (25.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.18%), Manganese: 0.13mg (6.37%), Vitamin C: 2.09mg (2.54%), Vitamin B6: 0.05mg (2.53%), Vitamin B2: 0.04mg (2.23%), Potassium: 73.38mg (2.1%), Vitamin B3: 0.37mg (1.83%), Copper: 0.03mg (1.72%), Vitamin A: 77.69IU (1.55%), Vitamin E: 0.22mg (1.5%), Magnesium: 5.63mg (1.41%), Iron: 0.22mg (1.21%), Phosphorus: 11.89mg (1.19%), Folate: 4.72µg (1.18%)