



Warm Orange Sauce

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



122 kcal

SAUCE

Ingredients

- 3 tablespoons butter
- 2.5 tablespoons cornstarch
- 0.8 cup orange juice freshly squeezed
- 2 tablespoons orange peel shredded finely
- 1 pinch salt
- 0.8 cup water cold
- 0.3 cup sugar white

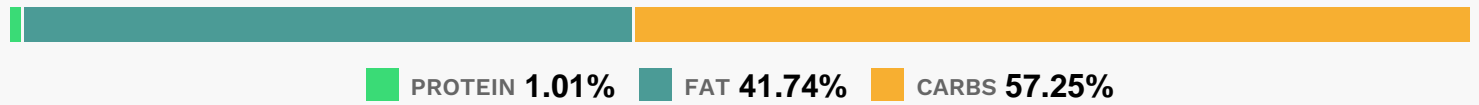
Equipment

- bowl
- sauce pan
- whisk

Directions

- Bring orange juice, sugar, butter, and salt to a simmer in a saucepan over medium heat.
- Whisk cold water and cornstarch in a small bowl; whisk cornstarch mixture into the simmering sauce until thickened and no longer cloudy.
- Remove sauce from heat and stir in orange peel and triple sec.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:28.68, Glycemic Load:9.4, Inflammation Score:-2, Nutrition Score:1.9695652120787%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 121.56kcal (6.08%), Fat: 5.78g (8.89%), Saturated Fat: 3.61g (22.54%), Carbohydrates: 17.84g (5.95%), Net Carbohydrates: 17.53g (6.38%), Sugar: 13.7g (15.22%), Cholesterol: 15.05mg (5.02%), Sodium: 53.73mg (2.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.63%), Vitamin C: 18.22mg (22.08%), Vitamin A: 245.33IU (4.91%), Folate: 10.11µg (2.53%), Vitamin B1: 0.03mg (2.04%), Potassium: 68.24mg (1.95%), Fiber: 0.3g (1.22%), Vitamin E: 0.18mg (1.2%), Copper: 0.02mg (1.13%), Magnesium: 4.39mg (1.1%)