



Warm Orange Sauce

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



152 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
- ☐ 2 fluid ounces triple sec
- ☐ 0.8 cup water cold
- ☐ 0.3 cup sugar white

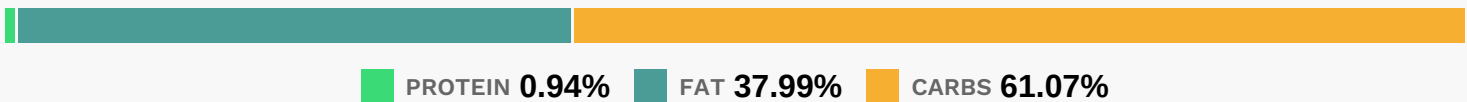
Equipment

- ☐ 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:-3, Nutrition Score:2.0030434636966%

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: 151.92kcal (7.6%), Fat: 5.81g (8.94%), Saturated Fat: 3.62g (22.6%), Carbohydrates: 21.01g (7%), Net Carbohydrates: 20.71g (7.53%), Sugar: 16.87g (18.75%), Cholesterol: 15.05mg (5.02%), Sodium: 54.52mg (2.37%), Alcohol: 2.56g (100%), Alcohol %: 3.46% (100%), Protein: 0.32g (0.65%), Vitamin C: 18.22mg (22.08%), Vitamin A: 245.33IU (4.91%), Folate: 10.11µg (2.53%), Vitamin B1: 0.03mg (2.07%), Potassium: 71.2mg (2.03%), Copper: 0.03mg (1.33%), Fiber: 0.3g (1.22%), Vitamin E: 0.18mg (1.2%), Magnesium: 4.68mg (1.17%)