



## Wow! Sweet and Sour Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



281 kcal

SAUCE

### Ingredients

- 3 tablespoons cornstarch
- 0.5 tablespoon cayenne pepper hot sauce
- 1 cup catsup
- 8 ounce dole pineapple tidbits undrained canned
- 1 teaspoon pepper flakes red
- 1 tablespoon soya sauce
- 0.5 tablespoon steak sauce
- 2 cups water

0.7 cup distilled vinegar white

1.5 cups sugar white

## Equipment

bowl

sauce pan

whisk

## Directions

Stir water, sugar, ketchup, pineapple, vinegar, red pepper flakes, soy sauce, steak sauce, and hot sauce together in a saucepan over medium heat.

Remove 1/2 cup of the sauce to a small bowl; whisk cornstarch into the sauce in the bowl. Bring the sauce in the saucepan to a boil, stir the sauce with the cornstarch into the boiling sauce. Cook, stirring occasionally, until thickened, about 15 minutes.

Remove from heat and allow to cool slightly before using.

## Nutrition Facts

**PROTEIN 1.43%** **FAT 1.14%** **CARBS 97.43%**

## Properties

Glycemic Index:27.85, Glycemic Load:34.97, Inflammation Score:-4, Nutrition Score:3.3682608954285%

## Flavonoids

Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 281.17kcal (14.06%), Fat: 0.37g (0.57%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 71.15g (23.72%), Net Carbohydrates: 70.23g (25.54%), Sugar: 64.06g (71.18%), Cholesterol: 0mg (0%), Sodium: 562.34mg (24.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.09%), Vitamin A: 500IU (10%), Vitamin C: 5.6mg (6.79%), Vitamin B6: 0.12mg (5.8%), Vitamin E: 0.86mg (5.72%), Vitamin B2: 0.1mg (5.65%), Potassium: 186.11mg (5.32%), Copper: 0.11mg (5.28%), Manganese: 0.09mg (4.52%), Vitamin B3: 0.88mg (4.42%), Fiber: 0.92g (3.68%), Magnesium: 14.6mg (3.65%), Vitamin B1: 0.05mg (3.16%), Iron: 0.48mg (2.65%), Phosphorus: 21.23mg (2.12%), Vitamin K: 2.18µg (2.08%), Calcium: 19.25mg (1.92%), Folate: 6.66µg (1.67%), Selenium: 1.12µg (1.61%), Zinc: 0.17mg (1.1%)