

Sauces

Apricot Dipping Sauce

Tyson Foods

1 cup Apricot preserves (can be sugar free)

2 tablespoons balsamic vinegar

1 teaspoon Worcestershire sauce

1 teaspoon orange zest

Place preserves in a food processor; pulse until smooth. Transfer to a small bowl.

Add vinegar, Worcestershire and zest. Stir until well combined.

Can be refridgerated up to two days.

Yield: 1 cup

Per Serving (excluding unknown items): 11 Calories; trace Fat (0.2% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 49mg Sodium. Exchanges: 0 Fruit; 0 Other Carbohydrates.