

Orange-Pineapple Glaze for Turkey

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1/2 cup pineapple juice
1/3 cup orange marmalade
3 tablespoons white balsamic vinegar
2 tablespoons maple syrup

Combine all the ingredients in a small saucepan. Bring to a boil over medium-high heat. Cook for 1 minute, whisking until smooth.

Brush over the turkey during the last 30 minutes of roasting.

Per Serving (excluding unknown items): 433 Calories; trace Fat (0.4% calories from fat); 1g Protein; 114g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 64mg Sodium. Exchanges: 1 Fruit; 6 1/2 Other Carbohydrates.

Sauces and Condiments, Turkey

Per Serving Nutritional Analysis

Calories (kcal):	433
% Calories from Fat:	0.4%
% Calories from Carbohydrates:	99.0%
% Calories from Protein:	0.6%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	114g
Dietary Fiber (g):	5g
Protein (g):	1g
Sodium (mg):	64mg
Potassium (mg):	287mg
Calcium (mg):	102mg
Iron (mg):	1mg
Zinc (mg):	trace

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	67mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	6 1/2

Vitamin C (mg): 19mg
Vitamin A (i.u.): 56IU
Vitamin A (r.e.): 5 1/2RE

Nutrition Facts

Amount Per Serving

Calories	433	Calories from Fat: 2
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% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	64mg	3%
Total Carbohydrates	114g	38%
Dietary Fiber	5g	22%
Protein	1g	

Vitamin A	1%
Vitamin C	31%
Calcium	10%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.