



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

February 10<sup>th</sup>, 2015 Cooking Class

Featuring

Mary Ann Giordano  
of Gigi's Cucina Povera

### Ginger Blood Orange Reduction

Serving Size about 1 Tbsp.

#### Ingredients:

- 1 cup blood orange juice
- ½ cup grenadine
- 1 teaspoon minced fresh ginger
- 2 ounces sugar
- ½ cup organic local honey
- 2 tablespoons white balsamic vinegar
- Zest and juice of 1 orange

#### Directions:

In small sauce pot or pan reduce to a syrup that will coat the back of a spoon. (5 to 10 minutes at a boil.)

Nutrition Facts			
Serving Size: 1 Tbsp.			
Servings:			
Amount Per Serving			
Calories 60	Calories from Fat 0		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 470mg	20%		
Total Carbohydrate 17g	6%		
Dietary Fiber 0g	0%		
Sugars 16g			
Protein 0g			
Vitamin A 0%	• Vitamin C 8%		
Calcium 0%	• Iron 0%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



"Like" us on Facebook for photos from tonight's class! [www.facebook.com/independenthealthfoundation](http://www.facebook.com/independenthealthfoundation)



@HealthyOptBuff