



Yield: 12 servings

Ingredients

- 3 tablespoons tomato paste
- 2 tablespoons water
- 2 tablespoons apple butter
- 2 tablespoons balsamic vinegar
- 1 tablespoon maple syrup
- 1½ teaspoons apple cider vinegar
- ¼ teaspoon allspice
- ⅛ teaspoon salt
- ⅛ teaspoon garlic powder
- ⅛ teaspoon onion powder

Balsamic Apple Glaze

Instructions

In a small bowl, combine all ingredients.



Presented by
Culinary Medicine

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Nutrition Information Serving Size: 1 tablespoon

Calories: 25 | Total Fat: 0 g | Saturated Fat: 0 g | Monounsaturated Fat: 0 g | Polyunsaturated Fat: 0 g
Sodium: 58 mg | Total Carbohydrate: 6.2 g | Dietary Fiber: 0 g | Sugars: 5 g | Protein: 0 g

Source: Spectrum Health Culinary Medicine