

# Orange-Soy Glaze

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*1/2 cup (2 oranges) fresh  
orange juice  
1/3 cup hoisin sauce  
1/4 cup soy sauce  
1 teaspoon sugar*

In a medium nonstick skillet over medium heat, combine the orange juice, hoisin sauce, soy sauce and sugar.

Simmer, stirring, until thickened, 5 to 8 minutes.

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Per Serving (excluding unknown items): 296 Calories; 3g Fat (9.5% calories from fat); 7g Protein; 60g Carbohydrate; 3g Dietary Fiber; 3mg Cholesterol; 5480mg Sodium. Exchanges: 1 1/2 Vegetable; 1 Fruit; 1/2 Fat; 2 1/2 Other Carbohydrates.