



Apple Barbecue Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



126 kcal

SAUCE

Ingredients

- ☐ 0.5 cup apple jelly
- ☐ 1 teaspoon hot sauce
- ☐ 2 tablespoons brown sugar light
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce no-salt-added tomato sauce canned
- ☐ 2 tablespoons water
- ☐ 0.3 cup vinegar white

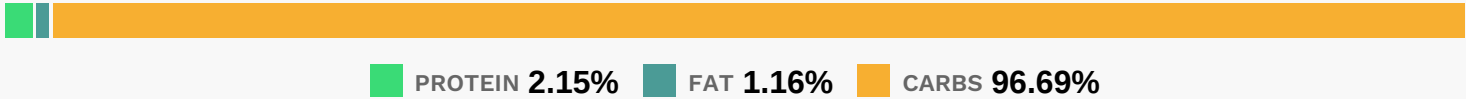
Equipment

sauce pan

Directions

Bring all ingredients to a boil in a saucepan, stirring until smooth. Reduce heat, and simmer, stirring occasionally, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:13.46, Inflammation Score:-2, Nutrition Score:2.6147826158482%

Nutrients (% of daily need)

Calories: 126.03kcal (6.3%), Fat: 0.16g (0.25%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 30.56g (10.19%), Net Carbohydrates: 29.51g (10.73%), Sugar: 22.78g (25.31%), Cholesterol: 0mg (0%), Sodium: 365.2mg (15.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Vitamin C: 6.77mg (8.2%), Potassium: 168.71mg (4.82%), Vitamin E: 0.69mg (4.63%), Copper: 0.09mg (4.52%), Fiber: 1.06g (4.23%), Vitamin A: 197.7IU (3.95%), Manganese: 0.07mg (3.65%), Iron: 0.64mg (3.58%), Vitamin B2: 0.06mg (3.29%), Vitamin B6: 0.05mg (2.72%), Vitamin B3: 0.47mg (2.35%), Magnesium: 8.83mg (2.21%), Folate: 7.92µg (1.98%), Phosphorus: 19.5mg (1.95%), Calcium: 18.22mg (1.82%), Vitamin B5: 0.15mg (1.54%), Selenium: 1.07µg (1.53%), Vitamin K: 1.29µg (1.23%), Vitamin B1: 0.02mg (1.11%)