



Apple-Bourbon Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



413 kcal

SAUCE

Ingredients

- 0.3 cup apple juice concentrate
- 2 cups barbecue sauce
- 3 tablespoons cider vinegar
- 2 medium granny smith apples diced peeled
- 0.1 teaspoon ground pepper red
- 1 small onion diced

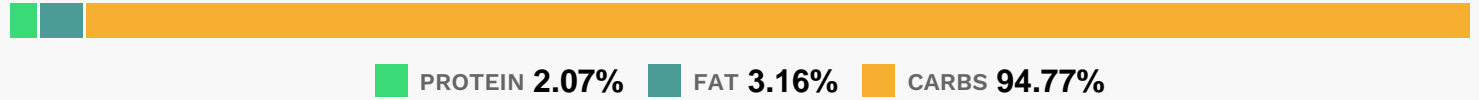
Equipment

- sauce pan

Directions

- Bring first 5 ingredients to a boil in a medium saucepan over medium heat; reduce heat, and simmer, stirring occasionally, 15 minutes.
- Remove from heat, and stir in bourbon.
- Note: For testing purposes only, we used KC Masterpiece Original Barbecue Sauce.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:5.91, Inflammation Score:-6, Nutrition Score:7.9013044834137%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 10.11mg, Epicatechin: 10.11mg, Epicatechin: 10.11mg, Epicatechin: 10.11mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.72mg, Quercetin: 9.72mg, Quercetin: 9.72mg, Quercetin: 9.72mg

Nutrients (% of daily need)

Calories: 413.3kcal (20.66%), Fat: 1.47g (2.26%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 99.24g (33.08%), Net Carbohydrates: 94.15g (34.24%), Sugar: 78.97g (87.74%), Cholesterol: 0mg (0%), Sodium: 1967.62mg (85.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.33%), Fiber: 5.09g (20.35%), Manganese: 0.37mg (18.36%), Potassium: 639.74mg (18.28%), Vitamin E: 1.78mg (11.84%), Vitamin B6: 0.23mg (11.33%), Vitamin A: 527.96IU (10.56%), Vitamin C: 8.7mg (10.55%), Copper: 0.18mg (9.16%), Magnesium: 35.1mg (8.77%), Vitamin B2: 0.15mg (8.76%), Iron: 1.48mg (8.2%), Calcium: 78.39mg (7.84%), Vitamin B3: 1.3mg (6.49%), Phosphorus: 61.14mg (6.11%), Vitamin K: 6.26µg (5.96%), Vitamin B1: 0.08mg (5.32%), Vitamin B5: 0.43mg (4.26%), Selenium: 2.64µg (3.77%), Folate: 11.98µg (2.99%), Zinc: 0.42mg (2.83%)