



Asian Barbecue Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



32

CALORIES



34 kcal

SAUCE

Ingredients

- ☐ 0.8 cup lightly brown sugar light packed
- ☐ 2 tablespoons chili sauce with garlic such as a taste of thai hot
- ☐ 0.5 cup cider vinegar
- ☐ 2 tablespoons cooking sherry dry
- ☐ 1 teaspoon ground ginger
- ☐ 1 cup catsup
- ☐ 0.5 cup soya sauce low-sodium
- ☐ 2 teaspoons sesame oil

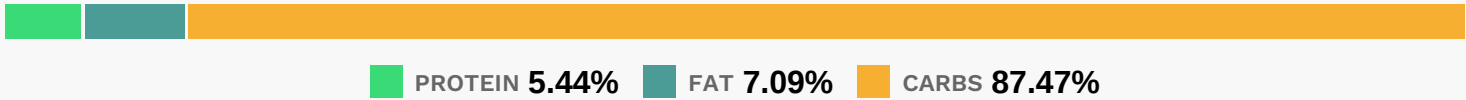
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Heat sesame oil in a medium saucepan over medium-high heat.
- ☐ Add onion; cook 2 minutes or until tender.
- ☐ Add vinegar and remaining ingredients; combine with a whisk. Bring to a boil; reduce heat, and simmer 7 minutes.

Nutrition Facts



Properties

Glycemic Index:1.72, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.73260869474515%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 34.27kcal (1.71%), Fat: 0.27g (0.42%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 7.63g (2.54%), Net Carbohydrates: 7.54g (2.74%), Sugar: 6.77g (7.52%), Cholesterol: 0mg (0%), Sodium: 225.72mg (9.81%), Alcohol: 0.1g (100%), Alcohol %: 0.54% (100%), Protein: 0.47g (0.95%), Manganese: 0.06mg (2.94%), Potassium: 49.64mg (1.42%), Vitamin B2: 0.02mg (1.35%), Magnesium: 4.72mg (1.18%), Vitamin B6: 0.02mg (1.13%)