



Authentic Arawak Bar-B-Q Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



106 kcal

SAUCE

Ingredients

- 1 tablespoon brown sugar
- 0.5 cup cider vinegar
- 2 cloves garlic minced
- 6 green onions chopped
- 1 tablespoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 0.5 teaspoon ground nutmeg

- 1 teaspoon ground pepper black
- 1 tablespoon blackstrap molasses
- 0.5 cup orange juice fresh
- 0.3 cup red wine
- 1 teaspoon salt
- 2 scotch bonnet chile peppers chopped
- 3 tablespoons shallots minced
- 0.3 cup soya sauce
- 0.3 cup vegetable oil

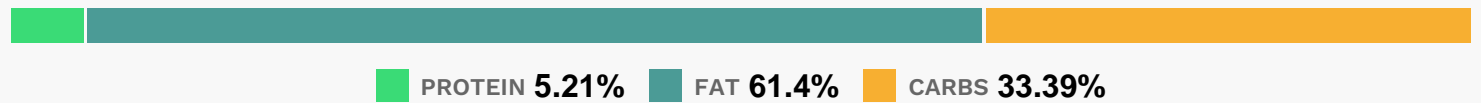
Equipment

- bowl

Directions

- In a medium bowl, combine the green onions, shallots, garlic, ginger, allspice, ground black pepper, chile peppers, cinnamon, nutmeg, salt, brown sugar, orange juice, vinegar, wine, soy sauce, oil, and molasses.
- Mix well, cover, and allow to sit for one hour. Stir again before using with fish or meat. Discard any remaining sauce.

Nutrition Facts



Properties

Glycemic Index:53.13, Glycemic Load:2.34, Inflammation Score:-3, Nutrition Score:5.0504347759744%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Malvidin: 1.04mg, Malvidin: 1.04mg, Malvidin: 1.04mg, Malvidin: 1.04mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Eriodictyol: 0.03mg,

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Nutrients (% of daily need)

Calories: 106.42kcal (5.32%), Fat: 7.02g (10.8%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 7.68g (2.79%), Sugar: 5.55g (6.17%), Cholesterol: 0mg (0%), Sodium: 701.2mg (30.49%), Alcohol: 0.8g (100%), Alcohol %: 1.35% (100%), Protein: 1.34g (2.68%), Vitamin K: 32.09µg (30.56%), Manganese: 0.35mg (17.62%), Vitamin C: 13.88mg (16.82%), Potassium: 169.74mg (4.85%), Magnesium: 18.15mg (4.54%), Vitamin B6: 0.09mg (4.36%), Iron: 0.77mg (4.27%), Vitamin E: 0.64mg (4.27%), Fiber: 0.92g (3.66%), Folate: 14.13µg (3.53%), Vitamin A: 151.26IU (3.03%), Calcium: 30.01mg (3%), Copper: 0.06mg (2.94%), Vitamin B3: 0.53mg (2.67%), Phosphorus: 25.71mg (2.57%), Vitamin B1: 0.03mg (2.12%), Vitamin B2: 0.03mg (1.79%), Selenium: 0.97µg (1.38%), Vitamin B5: 0.11mg (1.14%), Zinc: 0.16mg (1.04%)