



## B Smith's Sweet Maple Barbecue Sauce

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



9

CALORIES



204 kcal

SAUCE

### Ingredients

- 2 tablespoons butter
- 0.5 cup onion finely chopped
- 1 teaspoon garlic clove finely chopped
- 2 cups catsup
- 1 cup vinegar
- 1 cup maple syrup
- 0.5 cup orange juice
- 0.3 cup worcestershire sauce

- 2 tablespoons ground mustard
- 2 tablespoons juice of lemon
- 1 teaspoon salt
- 0.5 teaspoon pepper red crushed
- 0.5 teaspoon paprika
- 2 slices optional: lemon seeds removed

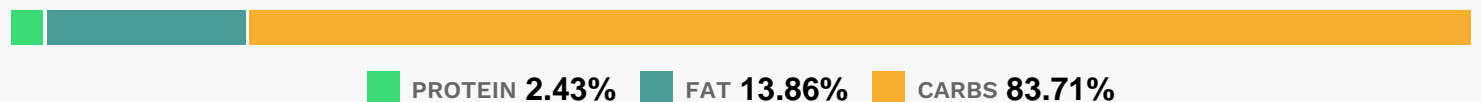
## Equipment

- sauce pan

## Directions

- In 3-quart saucepan, heat butter over medium heat.
- Add onion and garlic; cook 8 to 9 minutes, stirring occasionally, until tender.
- Stir in remaining ingredients.
- Heat to boiling. Reduce heat to low; simmer 30 minutes to blend flavors, stirring occasionally.
- Remove and discard lemon slices. Store covered in the refrigerator up to 2 weeks.

## Nutrition Facts



## Properties

Glycemic Index:26.22, Glycemic Load:9.78, Inflammation Score:-5, Nutrition Score:8.0021738094156%

## Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 2.56mg, Hesperetin: 2.56mg, Hesperetin: 2.56mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

## Nutrients (% of daily need)

Calories: 203.78kcal (10.19%), Fat: 3.2g (4.93%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 43.53g (14.51%), Net Carbohydrates: 42.86g (15.59%), Sugar: 35.36g (39.29%), Cholesterol: 0mg (0%), Sodium: 877.26mg (38.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.53%), Manganese: 0.95mg (47.68%), Vitamin B2: 0.57mg (33.42%), Vitamin C: 13.06mg (15.83%), Potassium: 357.03mg (10.2%), Vitamin A: 507.38IU (10.15%), Vitamin E: 1.05mg (7%), Calcium: 67.49mg (6.75%), Magnesium: 24.75mg (6.19%), Vitamin B6: 0.12mg (5.93%), Selenium: 3.94µg (5.62%), Vitamin B3: 1.02mg (5.08%), Iron: 0.89mg (4.95%), Vitamin B1: 0.07mg (4.46%), Copper: 0.09mg (4.3%), Phosphorus: 39.81mg (3.98%), Folate: 14.72µg (3.68%), Zinc: 0.49mg (3.28%), Fiber: 0.67g (2.67%), Vitamin K: 2.02µg (1.93%)