



Balboa "J-1" Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



437 kcal

SAUCE

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 2 teaspoons chili sauce red (such as Sriracha)
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 2 tablespoons garlic minced
- ☐ 1.8 cups catsup
- ☐ 1 tablespoon onion powder
- ☐ 1.5 cups orange juice
- ☐ 0.8 cup raisins

- ☐ 3 tablespoons rice vinegar
- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon tamarind paste (see notes)
- ☐ 0.3 cup worcestershire sauce

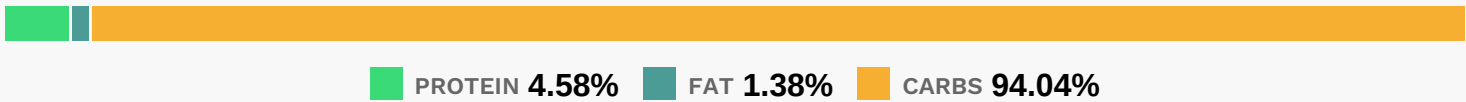
Equipment

- ☐ frying pan
- ☐ blender
- ☐ immersion blender

Directions

- ☐ In a 3- to 4-quart pan, combine ketchup, orange juice, raisins, brown sugar, Worcestershire, vinegar, soy sauce, ginger, garlic, onion powder, tamarind concentrate, and chili sauce. Bring to a simmer over medium-low heat, then reduce heat and barely simmer (a few bubbles breaking on surface), stirring occasionally, until sauce is thick, glossy, and dark brown, about 2 hours. In a blender or with a handheld blender, pulse until almost smooth. If sauce is too thick, thin with a little more orange juice.
- ☐ Let cool; serve or chill airtight up to 1 month.

Nutrition Facts



Properties

Glycemic Index:95.27, Glycemic Load:24.54, Inflammation Score:-8, Nutrition Score:17.383478102477%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 437.34kcal (21.87%), Fat: 0.72g (1.11%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 111.2g (37.07%), Net Carbohydrates: 107.05g (38.93%), Sugar: 63.32g (70.36%), Cholesterol: 0mg (0%), Sodium: 2304.26mg (100.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.84%), Vitamin C: 75.84mg (91.93%), Potassium: 1283.5mg (36.67%), Vitamin B2: 0.4mg (23.73%), Vitamin B6: 0.47mg (23.48%), Manganese: 0.46mg (23.17%), Iron: 3.7mg (20.54%), Copper: 0.4mg (20.19%), Vitamin A: 1009.05IU (20.18%), Vitamin B3: 3.79mg (18.97%), Fiber: 4.14g (16.56%), Vitamin B1: 0.24mg (15.94%), Magnesium: 63.59mg (15.9%), Vitamin E: 2.2mg (14.69%), Folate: 58.28µg (14.57%), Phosphorus: 140.41mg (14.04%), Calcium: 111.86mg (11.19%), Vitamin K: 5.07µg (4.83%), Vitamin B5: 0.45mg (4.53%), Selenium: 3.06µg (4.37%), Zinc: 0.65mg (4.34%)