

BBQ Sauce for Chicken

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



536 kcal

SAUCE

Ingredients

- 5 cloves garlic minced
- 1 juice of lemon juiced
- 2 cups catsup
- 2 teaspoons ground mustard
- 2 onion chopped
- 12 fluid ounce orange juice concentrate frozen thawed canned
- 3 servings salt and pepper to taste
- 3 tablespoons vegetable oil

0.5 cup cooking wine

Equipment

food processor

frying pan

Directions

In a medium skillet saute onion and garlic for 4 to 5 minutes (until translucent).

Add the orange juice, mustard, ketchup, lemon, Chianti/burgundy, salt and pepper. Simmer all together over low heat for 30 minutes, then put through food processor. Sauce may be thinned with water to taste, if desired.

Nutrition Facts



PROTEIN 4.47% **FAT 24.41%** **CARBS 71.12%**

Properties

Glycemic Index:24, Glycemic Load:2.14, Inflammation Score:-9, Nutrition Score:21.456521842791%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 16.39mg, Quercetin: 16.39mg, Quercetin: 16.39mg, Quercetin: 16.39mg

Nutrients (% of daily need)

Calories: 535.84kcal (26.79%), Fat: 14.66g (22.56%), Saturated Fat: 2.23g (13.95%), Carbohydrates: 96.13g (32.04%), Net Carbohydrates: 92.92g (33.79%), Sugar: 73.03g (81.14%), Cholesterol: 0mg (0%), Sodium: 1659.33mg (72.14%), Alcohol: 4.16g (100%), Alcohol %: 1.25% (100%), Protein: 6.04g (12.08%), Vitamin C: 189.02mg (229.11%), Potassium: 1380.48mg (39.44%), Vitamin B6: 0.74mg (37.09%), Folate: 124.12µg (31.03%), Vitamin B2: 0.51mg (30.12%), Vitamin K: 30.73µg (29.27%), Vitamin E: 4.26mg (28.4%), Vitamin B1: 0.4mg (26.78%), Vitamin A: 1272.01IU (25.44%), Manganese: 0.48mg (23.87%), Magnesium: 80.72mg (20.18%), Vitamin B3: 3.84mg (19.18%), Phosphorus: 162.51mg (16.25%), Copper: 0.26mg (13.12%), Fiber: 3.21g (12.83%), Calcium: 102.33mg (10.23%), Vitamin B5: 0.9mg (8.96%), Iron: 1.47mg (8.18%), Selenium: 5.53µg (7.91%), Zinc: 0.78mg (5.22%)