



Blueberry-Balsamic Barbecue Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



69 kcal

SAUCE

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 cups blueberries fresh
- ☐ 0.5 teaspoon garlic powder
- ☐ 3 tablespoons catsup
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons sugar

Equipment

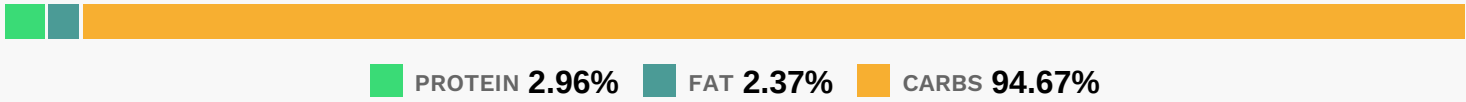
- ☐ sauce pan

☐ blender

Directions

- ☐ Place all ingredients in a saucepan. Bring to a boil; reduce heat, and simmer 15 minutes or until slightly thick.
- ☐ Remove from heat; cool.
- ☐ Place blueberry mixture in a blender; process until smooth.

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:7.49, Inflammation Score:-2, Nutrition Score:2.2652173729047%

Flavonoids

Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 68.97kcal (3.45%), Fat: 0.19g (0.29%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 17.18g (5.73%), Net Carbohydrates: 15.95g (5.8%), Sugar: 14.09g (15.66%), Cholesterol: 0mg (0%), Sodium: 168.07mg (7.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.07%), Manganese: 0.19mg (9.5%), Vitamin K: 9.75µg (9.28%), Vitamin C: 5.1mg (6.18%), Fiber: 1.23g (4.92%), Vitamin E: 0.39mg (2.62%), Potassium: 74.08mg (2.12%), Vitamin B6: 0.04mg (2.08%), Vitamin B2: 0.03mg (2.01%), Copper: 0.04mg (1.95%), Vitamin B3: 0.32mg (1.58%), Iron: 0.26mg (1.44%), Magnesium: 5.41mg (1.35%), Vitamin B1: 0.02mg (1.34%), Vitamin A: 65.11IU (1.3%), Phosphorus: 10.92mg (1.09%)