



B.'s Sweet Maple Barbecue Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



371 kcal

SAUCE

Ingredients

- 2 tablespoons butter
- 1 cup cider vinegar
- 0.5 teaspoon pepper red crushed
- 2 tablespoons mustard dry
- 2 garlic cloves minced
- 2 cups catsup
- 2 slices optional: lemon
- 2 tablespoons juice of lemon fresh

- 1 cup maple syrup
- 1 medium onion finely chopped
- 0.5 cup orange juice
- 0.5 teaspoon paprika
- 1 teaspoon salt
- 0.3 cup worcestershire sauce

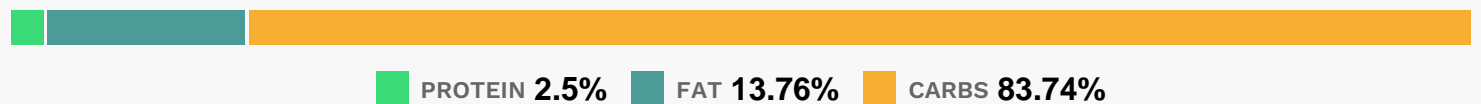
Equipment

- sauce pan

Directions

- Melt butter in a large saucepan over medium heat.
- Add onion and garlic; saut 5 to 6 minutes or until tender.
- Add remaining ingredients. Bring to a boil; reduce heat, and simmer 30 minutes, stirring often.
- Remove and discard lemon slices.
- Note: Sauce can be made ahead and kept covered in refrigerator for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:55.2, Glycemic Load:17.95, Inflammation Score:-7, Nutrition Score:14.873043419226%

Flavonoids

Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 4.61mg, Hesperetin: 4.61mg, Hesperetin: 4.61mg, Hesperetin: 4.61mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 370.85kcal (18.54%), Fat: 5.81g (8.93%), Saturated Fat: 2.98g (18.6%), Carbohydrates: 79.48g (26.49%),
Net Carbohydrates: 78.17g (28.43%), Sugar: 64.08g (71.2%), Cholesterol: 12.04mg (4.01%), Sodium: 1563.99mg
(68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.75%), Manganese: 1.83mg (91.25%), Vitamin B2:
1.02mg (60.28%), Vitamin C: 24.13mg (29.25%), Potassium: 686.69mg (19.62%), Vitamin A: 853.09IU (17.06%),
Calcium: 123.9mg (12.39%), Vitamin E: 1.85mg (12.32%), Magnesium: 47.13mg (11.78%), Vitamin B6: 0.23mg (11.38%),
Selenium: 7.05µg (10.07%), Iron: 1.71mg (9.49%), Vitamin B3: 1.84mg (9.2%), Vitamin B1: 0.12mg (8.27%), Copper:
0.16mg (7.99%), Phosphorus: 76.15mg (7.61%), Folate: 27.76µg (6.94%), Zinc: 0.92mg (6.14%), Fiber: 1.31g (5.26%),
Vitamin K: 4.07µg (3.87%), Vitamin B5: 0.18mg (1.75%)