



Caribbean BBQ Sauce



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



98 kcal

SAUCE

Ingredients

- ☐ 3 slices bacon diced
- ☐ 0.3 cup brown sugar
- ☐ 1 dash chili sauce
- ☐ 1 juice of lemon juiced
- ☐ 1 medium onion finely chopped
- ☐ 0.5 cup rum black
- ☐ 1 cup tomato sauce
- ☐ 1 teaspoon vegetable oil

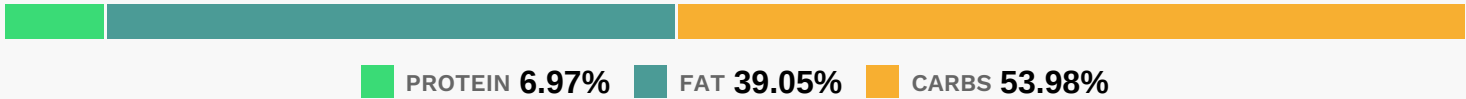
Equipment

☐ frying pan

Directions

- ☐ Place vegetable oil, bacon, and onion in a medium skillet over medium high heat. Cook until bacon is evenly brown and onion is tender.
- ☐ Stir tomato sauce and rum into the skillet with bacon and onion, and reduce heat. Simmer about 2 minutes.
- ☐ Mix in lemon juice, brown sugar, and chili sauce. Continue to simmer about 8 minutes.

Nutrition Facts



Properties

Glycemic Index:8.7, Glycemic Load:0.65, Inflammation Score:-2, Nutrition Score:1.9047825906588%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 98.12kcal (4.91%), Fat: 3.16g (4.86%), Saturated Fat: 0.96g (6.01%), Carbohydrates: 9.83g (3.28%), Net Carbohydrates: 9.27g (3.37%), Sugar: 8.54g (9.49%), Cholesterol: 4.36mg (1.45%), Sodium: 163.81mg (7.12%), Alcohol: 4.01g (100%), Alcohol %: 7.82% (100%), Protein: 1.27g (2.54%), Vitamin C: 3.71mg (4.49%), Potassium: 115.35mg (3.3%), Vitamin B6: 0.06mg (2.97%), Vitamin E: 0.43mg (2.84%), Vitamin B3: 0.54mg (2.67%), Manganese: 0.05mg (2.42%), Selenium: 1.62µg (2.32%), Fiber: 0.57g (2.26%), Vitamin A: 109.61IU (2.19%), Copper: 0.04mg (2.09%), Vitamin B1: 0.03mg (2.05%), Phosphorus: 20.37mg (2.04%), Iron: 0.35mg (1.92%), Magnesium: 6.42mg (1.6%), Vitamin K: 1.56µg (1.49%), Vitamin B2: 0.03mg (1.48%), Vitamin B5: 0.14mg (1.39%), Calcium: 12.58mg (1.26%), Folate: 4.98µg (1.24%), Zinc: 0.16mg (1.06%)