

# Caribbean Jerk Sauce

 Gluten Free

READY IN



53 min.

SERVINGS



2

CALORIES



480 kcal

SAUCE

## Ingredients

- 0.1 teaspoon allspice
- 0.3 cup apple cider vinegar
- 3 tablespoons butter
- 1.5 teaspoons ground pepper
- 1 teaspoon cornstarch
- 0.5 cup t brown sugar dark
- 0.5 teaspoon garlic powder
- 2 tablespoons spring onion minced

- 0.1 teaspoon ground cloves
- 2 tablespoons hot sauce (I recommend Cholula, any any hot sauce will do)
- 0.8 cup catsup
- 2 teaspoons juice of lemon
- 0.1 teaspoon nutmeg
- 0.5 teaspoon onion powder
- 1.5 teaspoons parsley
- 0.1 teaspoon sage
- 0.5 teaspoon salt
- 0.1 teaspoon thyme leaves
- 1 cup water
- 2 teaspoons worcestershire sauce

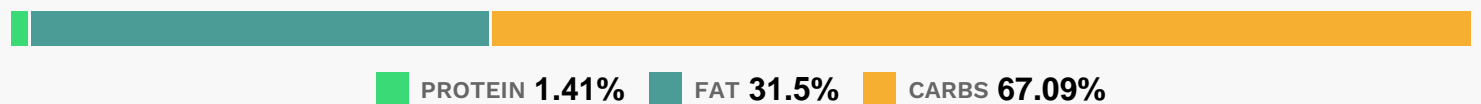
## Equipment

- sauce pan
- whisk

## Directions

- Saute onions in butter in a sauce pan.whisk in all other remaining ingredients and bring to boil.Simmer for 45 minutes.Enjoy.\*make a slurry with the cornstarch before adding\*.

## Nutrition Facts



## Properties

Glycemic Index:160.5, Glycemic Load:0.41, Inflammation Score:-8, Nutrition Score:10.028695733651%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.06mg,

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg  
Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

## **Nutrients (% of daily need)**

Calories: 480.24kcal (24.01%), Fat: 17.54g (26.99%), Saturated Fat: 10.91g (68.21%), Carbohydrates: 84.06g (28.02%), Net Carbohydrates: 82.9g (30.15%), Sugar: 73.93g (82.14%), Cholesterol: 45.15mg (15.05%), Sodium: 1979.99mg (86.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Vitamin A: 1709.82IU (34.2%), Copper: 0.54mg (27.04%), Vitamin C: 18.88mg (22.89%), Vitamin K: 19.6µg (18.66%), Manganese: 0.36mg (17.92%), Vitamin E: 2.33mg (15.52%), Potassium: 490.29mg (14.01%), Vitamin B6: 0.25mg (12.3%), Vitamin B2: 0.2mg (11.59%), Calcium: 90.3mg (9.03%), Iron: 1.5mg (8.33%), Vitamin B3: 1.62mg (8.08%), Magnesium: 27.32mg (6.83%), Phosphorus: 50.68mg (5.07%), Fiber: 1.16g (4.66%), Folate: 17.98µg (4.5%), Selenium: 2.03µg (2.9%), Vitamin B1: 0.04mg (2.4%), Zinc: 0.36mg (2.39%), Vitamin B5: 0.17mg (1.74%)