



Chile Barbeque Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



7

CALORIES



333 kcal

SAUCE

Ingredients

- ☐ 18 ounce barbeque sauce
- ☐ 12 ounce chile sauce
- ☐ 1 tablespoon onion flakes dried minced
- ☐ 1 teaspoon garlic powder
- ☐ 12 ounce honey

Equipment

- ☐ bowl

Directions

☐ In a large bowl, mix honey, barbeque sauce, chile sauce, dried minced onion flakes and garlic powder. Apply generously to meats while grilling.

Nutrition Facts



PROTEIN 1.05% **FAT 1.25%** **CARBS 97.7%**

Properties

Glycemic Index:8.18, Glycemic Load:20.9, Inflammation Score:-1, Nutrition Score:2.9678260787674%

Nutrients (% of daily need)

Calories: 333.41kcal (16.67%), Fat: 0.47g (0.72%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 81.93g (27.31%), Net Carbohydrates: 79.11g (28.77%), Sugar: 72.81g (80.9%), Cholesterol: 0mg (0%), Sodium: 3140.89mg (136.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Fiber: 2.83g (11.3%), Manganese: 0.14mg (7.24%), Potassium: 211.1mg (6.03%), Vitamin B6: 0.08mg (4.24%), Iron: 0.71mg (3.92%), Vitamin E: 0.59mg (3.92%), Copper: 0.08mg (3.76%), Vitamin B2: 0.06mg (3.57%), Vitamin A: 163.42IU (3.27%), Calcium: 29.15mg (2.91%), Magnesium: 11.44mg (2.86%), Vitamin B3: 0.5mg (2.52%), Selenium: 1.47µg (2.11%), Phosphorus: 20.46mg (2.05%), Zinc: 0.26mg (1.71%), Vitamin B5: 0.17mg (1.66%), Vitamin C: 1.22mg (1.48%), Vitamin B1: 0.02mg (1.48%), Vitamin K: 1.34µg (1.28%)