



Chipotle Barbecue Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



15

CALORIES



38 kcal

SAUCE

Ingredients

- 0.3 cup firmly brown sugar light packed
- 1 teaspoon ground chipotle chile powder
- 0.3 teaspoon ground cumin
- 2 tablespoons juice of lemon fresh
- 0.3 teaspoon oregano dried
- 0.1 teaspoon pepper dried red crushed
- 1.5 cups root beer
- 1 teaspoon salt

1 medium size onion sweet finely chopped

10.8 oz tomato purée canned

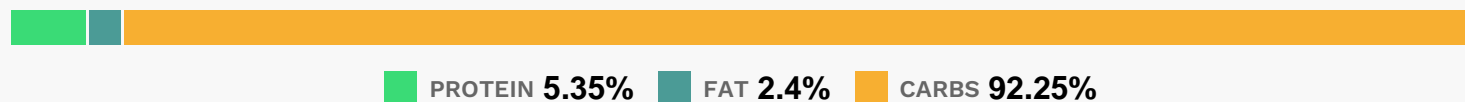
Equipment

sauce pan

Directions

Stir together tomato puree and remaining ingredients in a 2-qt. saucepan over medium heat. Bring to a boil, stirring frequently. Cover, reduce heat to low, and simmer 25 to 30 minutes or until sauce thickens.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.42, Inflammation Score:-2, Nutrition Score:1.7460869485917%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 38.25kcal (1.91%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 9.5g (3.17%), Net Carbohydrates: 8.84g (3.21%), Sugar: 8.12g (9.03%), Cholesterol: 0mg (0%), Sodium: 190.26mg (8.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Vitamin C: 3.71mg (4.49%), Manganese: 0.07mg (3.27%), Vitamin B6: 0.07mg (3.26%), Potassium: 96.93mg (2.77%), Copper: 0.06mg (2.77%), Fiber: 0.66g (2.64%), Iron: 0.42mg (2.35%), Vitamin E: 0.33mg (2.17%), Folate: 8.28µg (2.07%), Magnesium: 7.17mg (1.79%), Vitamin A: 89.49IU (1.79%), Calcium: 17.1mg (1.71%), Vitamin B1: 0.03mg (1.69%), Vitamin B3: 0.3mg (1.52%), Vitamin K: 1.51µg (1.44%), Phosphorus: 13.43mg (1.34%)