



Chipotle Maple Barbecue Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



358 kcal

SAUCE

Ingredients

- ☐ 0.5 cup unfiltered apple juice
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 3 chipotle peppers in adobo sauce diced canned
- ☐ 2 tablespoons mustard dry
- ☐ 4 garlic cloves minced
- ☐ 6 juice of lemon

- ☐ 0.5 cup maple syrup
- ☐ 2 teaspoons sea salt
- ☐ 1 cup vinegar white
- ☐ 0.3 cup worcestershire sauce

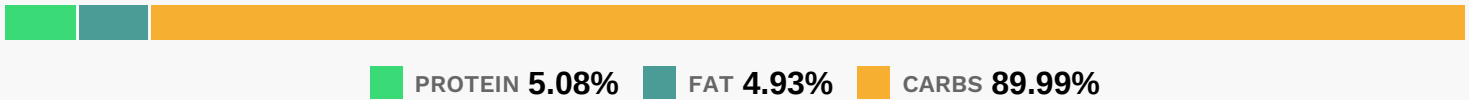
Equipment

- ☐ sauce pan

Directions

- ☐ Combine all ingredients in a heavy saucepan. Bring to a boil over medium-high heat. Reduce heat, and simmer 30 to 35 minutes or until sauce is thickened and reduced by one-fourth. Refrigerate in an airtight container up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:56.81, Glycemic Load:15.78, Inflammation Score:-6, Nutrition Score:19.375652126644%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Eriodictyol: 2.2mg, Eriodictyol: 2.2mg, Eriodictyol: 2.2mg, Eriodictyol: 2.2mg Hesperetin: 6.51mg, Hesperetin: 6.51mg, Hesperetin: 6.51mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 357.81kcal (17.89%), Fat: 2.02g (3.11%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 82.99g (27.66%), Net Carbohydrates: 77.15g (28.06%), Sugar: 66.41g (73.79%), Cholesterol: 0mg (0%), Sodium: 1663.69mg (72.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.37%), Manganese: 1.64mg (81.81%), Vitamin C: 39.37mg (47.72%), Vitamin B2: 0.66mg (39%), Potassium: 976.41mg (27.9%), Iron: 4.57mg (25.41%), Copper: 0.47mg (23.55%), Fiber: 5.84g (23.34%), Vitamin B6: 0.39mg (19.46%), Vitamin E: 2.76mg (18.37%), Magnesium: 73.18mg (18.29%), Calcium: 181.46mg (18.15%), Vitamin B1: 0.24mg (16%), Vitamin B3: 2.87mg (14.35%), Selenium: 9.76µg

(13.95%), Vitamin K: 12.57µg (11.97%), Phosphorus: 118.39mg (11.84%), Folate: 42.38µg (10.59%), Vitamin A: 450.64IU (9.01%), Zinc: 1.16mg (7.71%), Vitamin B5: 0.72mg (7.22%)