



Chipotle-Nectarine Barbecue Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



83 kcal

SAUCE

Ingredients

- 1 tablespoon chipotles in adobo minced (from 1 medium chipotle)
- 10 servings pepper black freshly ground
- 2 tablespoons apple cider vinegar
- 0.3 cup t brown sugar dark packed
- 1 medium garlic clove finely chopped
- 0.5 cup catsup
- 1 teaspoon kosher salt as needed plus more
- 1.5 pounds nectarines yellow firm pitted ripe cut into 1-inch pieces

- 1 tablespoon vegetable oil
- 0.5 medium onion yellow

Equipment

- sauce pan
- blender
- kitchen towels

Directions

- Heat the oil in a medium saucepan over medium heat until shimmering.
- Add the onion, chipotle, garlic, and measured salt. Season with pepper and cook, stirring occasionally, until the onion has softened, about 5 minutes.
- Add the ketchup and cook, stirring occasionally, until fragrant and slightly darkened in color, about 2 minutes.
- Add the remaining ingredients, stir to combine, and cook until the mixture is bubbling around the edges, about 5 minutes. Reduce the heat to medium low and simmer, stirring occasionally, until the nectarines are completely softened and starting to fall apart, about 15 to 20 minutes.
- Transfer the mixture to a blender.
- Remove the small cap from the blender lid (the pour lid) and cover the space with a kitchen towel (this allows steam to escape and prevents the lid from popping off). Blend until smooth. Taste and season with salt and pepper as needed.

Nutrition Facts

  
 **PROTEIN 4.26%**  **FAT 15.96%**  **CARBS 79.78%**

Properties

Glycemic Index:17.2, Glycemic Load:2.41, Inflammation Score:-3, Nutrition Score:2.5991304387217%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol:

0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 83.07kcal (4.15%), Fat: 1.57g (2.42%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 17.68g (5.89%), Net Carbohydrates: 16.35g (5.95%), Sugar: 15.39g (17.1%), Cholesterol: 0mg (0%), Sodium: 352.74mg (15.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.89%), Vitamin A: 288.21IU (5.76%), Fiber: 1.33g (5.33%), Vitamin B3: 0.95mg (4.76%), Vitamin E: 0.7mg (4.69%), Manganese: 0.09mg (4.31%), Vitamin K: 4.41µg (4.2%), Potassium: 145.4mg (4.15%), Copper: 0.07mg (3.71%), Vitamin C: 2.97mg (3.59%), Vitamin B6: 0.05mg (2.48%), Vitamin B2: 0.04mg (2.37%), Phosphorus: 23.56mg (2.36%), Magnesium: 9.3mg (2.32%), Iron: 0.37mg (2.05%), Vitamin B1: 0.03mg (1.85%), Folate: 6.31µg (1.58%), Vitamin B5: 0.15mg (1.51%), Zinc: 0.18mg (1.21%), Calcium: 11.85mg (1.19%)