



Chocolate-Infused Barbecue Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



45 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup brown sugar packed
- ☐ 1 tablespoon dijon mustard
- ☐ 1 teaspoon garlic powder
- ☐ 2 cups catsup
- ☐ 3 tablespoons blackstrap molasses
- ☐ 0.3 cup orange juice fresh
- ☐ 0.5 teaspoon salt

- ☐ 1 teaspoon paprika smoked
- ☐ 2 ounces chocolate unsweetened chopped
- ☐ 1 tablespoon worcestershire sauce

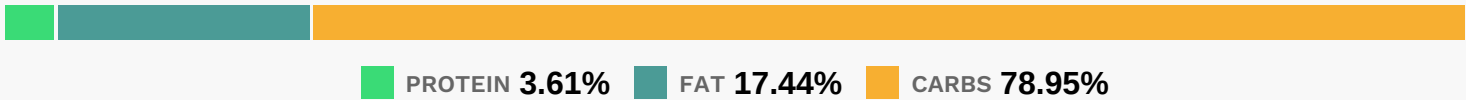
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine ketchup and next 9 ingredients (through pepper) in a medium saucepan; bring to a boil, stirring with a whisk. Reduce heat; simmer 8 minutes or until thick, stirring occasionally.
- ☐ Remove from heat; add chocolate, stirring until chocolate melts and mixture is smooth.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:0.76, Inflammation Score:-2, Nutrition Score:1.7691304113554%

Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 44.95kcal (2.25%), Fat: 0.97g (1.5%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 9.93g (3.31%), Net Carbohydrates: 9.53g (3.46%), Sugar: 8.23g (9.15%), Cholesterol: 0mg (0%), Sodium: 186.66mg (8.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.91%), Manganese: 0.13mg (6.39%), Copper: 0.08mg (4.24%), Magnesium: 13.41mg (3.35%), Iron: 0.54mg (2.98%), Potassium: 101.89mg (2.91%), Vitamin C: 1.98mg (2.4%), Vitamin A: 113.82IU (2.28%), Vitamin B6: 0.04mg (2.12%), Vitamin B2: 0.03mg (1.73%), Vitamin E: 0.25mg (1.66%), Fiber: 0.4g (1.61%), Zinc: 0.21mg (1.43%), Vitamin B3: 0.28mg (1.42%), Phosphorus: 13.6mg (1.36%), Calcium: 12.26mg (1.23%), Selenium: 0.82µg (1.17%)