



Coffee Liqueur Barbecue Sauce

 Dairy Free

READY IN



16 min.

SERVINGS



10

CALORIES



39 kcal

SAUCE

Ingredients

- 8 oz tomato sauce canned
- 0.3 teaspoon chili powder
- 0.3 cup rum / brandy / coffee liqueur homemade
- 2 teaspoons flour all-purpose
- 1 tablespoon juice of lemon fresh
- 0.5 teaspoon salt
- 2 tablespoons worcestershire sauce
- 0.3 cup onion yellow finely chopped

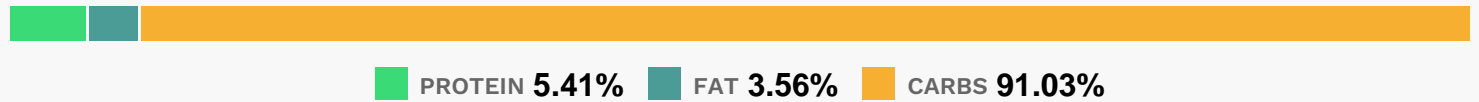
Equipment

- sauce pan
- whisk

Directions

- Whisk together first 8 ingredients and, if desired, crushed red pepper in a medium saucepan. Bring to a boil over medium heat; reduce heat to low, and simmer, whisking occasionally, 5 to 6 minutes or until slightly thickened. Cool completely before serving (about 30 minutes). Store in an airtight container in refrigerator up to 7 days.
- *Store-bought coffee liqueur may be substituted.

Nutrition Facts



Properties

Glycemic Index:14.7, Glycemic Load:0.69, Inflammation Score:-2, Nutrition Score:1.3152173861213%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 38.57kcal (1.93%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 6.35g (2.12%), Net Carbohydrates: 5.91g (2.15%), Sugar: 5.04g (5.6%), Cholesterol: 0mg (0%), Sodium: 269.61mg (11.72%), Alcohol: 1.71g (100%), Alcohol %: 5.38% (100%), Protein: 0.38g (0.75%), Vitamin C: 2.91mg (3.52%), Potassium: 103.37mg (2.95%), Iron: 0.44mg (2.42%), Vitamin E: 0.35mg (2.34%), Vitamin A: 115.88IU (2.32%), Copper: 0.04mg (1.79%), Fiber: 0.44g (1.76%), Manganese: 0.03mg (1.67%), Vitamin B6: 0.03mg (1.45%), Vitamin B3: 0.28mg (1.42%), Vitamin B2: 0.02mg (1.35%), Magnesium: 4.5mg (1.12%), Folate: 4.12µg (1.03%)