



Costa del Sol Barbeque Sauce



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



32

CALORIES



58 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 7 ounces brown sugar
- ☐ 2 ounces butter
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 3 cloves garlic finely chopped
- ☐ 0.3 cup honey
- ☐ 1.5 cups catsup
- ☐ 0.5 teaspoon paprika

- ☐ 0.5 small chile pepper red finely chopped to taste
- ☐ 0.5 onion red finely chopped
- ☐ 3.5 fluid ounces red wine vinegar
- ☐ 0.5 teaspoon salt

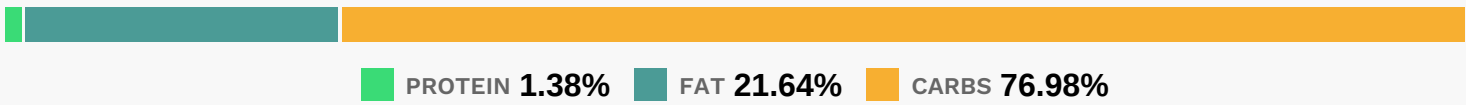
Equipment

- ☐ sauce pan
- ☐ immersion blender

Directions

- ☐ Combine ketchup, brown sugar, red onion, honey, vinegar, butter, red chile pepper, garlic, cayenne pepper, paprika, salt, and black pepper in a saucepan; bring to a boil. Reduce heat to low and simmer, stirring occasionally, until sauce is slightly thickened, about 20 minutes. Blend with a hand blender until smooth.

Nutrition Facts



Properties

Glycemic Index:8.85, Glycemic Load:1.23, Inflammation Score:-1, Nutrition Score:0.85695652291179%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 57.95kcal (2.9%), Fat: 1.46g (2.25%), Saturated Fat: 0.92g (5.72%), Carbohydrates: 11.73g (3.91%), Net Carbohydrates: 11.62g (4.22%), Sugar: 10.71g (11.9%), Cholesterol: 3.81mg (1.27%), Sodium: 152.08mg (6.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.42%), Vitamin A: 137.31IU (2.75%), Vitamin C: 1.74mg (2.11%), Manganese: 0.03mg (1.61%), Vitamin B6: 0.03mg (1.58%), Vitamin E: 0.23mg (1.53%), Potassium: 50.59mg (1.45%), Vitamin B2: 0.02mg (1.32%)