



Cranberry Barbecue Sauce

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



451 kcal

SAUCE

Ingredients

- 0.3 cup balsamic vinegar
- 2 teaspoons pepper black
- 0.5 cup brown sugar
- 1 cup vegetable stock
- 1 teaspoon chili powder
- 6 cups cranberries fresh
- 1 teaspoon tarragon dried
- 1 teaspoon thyme dried

- 1 tablespoon garlic salt
- 1 tablespoon ground ginger
- 0.3 teaspoon liquid smoke
- 2 teaspoons mustard dried
- 0.5 cup onion diced
- 1 teaspoon oregano dried
- 1 teaspoon paprika
- 0.3 cup red wine vinegar
- 1.5 teaspoons salt
- 0.5 teaspoon all the tabasco sauce you handle
- 1 tablespoon tomato paste
- 2 cups water
- 2 tablespoons worcestershire sauce

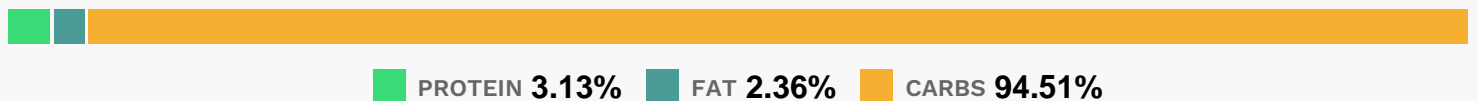
Equipment

- pot
- sieve
- blender

Directions

- Place all ingredients into a stock pot and bring to a boil. Boil for 15 minutes or until the liquid is reduced to 1/
- Place in a blender in small batches and puree (always be VERY careful when pureeing hot liquids in a blender!). Strain the puree through a fine mesh strainer. Chill in the refrigerator. This sauce will hold for weeks in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:183, Glycemic Load:16.69, Inflammation Score:-10, Nutrition Score:21.855217394621%

Flavonoids

Cyanidin: 139.29mg, Cyanidin: 139.29mg, Cyanidin: 139.29mg, Cyanidin: 139.29mg Delphinidin: 23.01mg, Delphinidin: 23.01mg, Delphinidin: 23.01mg, Delphinidin: 23.01mg Malvidin: 1.32mg, Malvidin: 1.32mg, Malvidin: 1.32mg, Malvidin: 1.32mg Pelargonidin: 0.96mg, Pelargonidin: 0.96mg, Pelargonidin: 0.96mg, Pelargonidin: 0.96mg Peonidin: 147.48mg, Peonidin: 147.48mg, Peonidin: 147.48mg, Peonidin: 147.48mg Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg Epigallocatechin: 2.22mg, Epigallocatechin: 2.22mg, Epigallocatechin: 2.22mg, Epigallocatechin: 2.22mg Epicatechin: 13.11mg, Epicatechin: 13.11mg, Epicatechin: 13.11mg, Epicatechin: 13.11mg Epigallocatechin 3-gallate: 2.91mg, Epigallocatechin 3-gallate: 2.91mg, Epigallocatechin 3-gallate: 2.91mg, Epigallocatechin 3-gallate: 2.91mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 19.9mg, Myricetin: 19.9mg, Myricetin: 19.9mg, Myricetin: 19.9mg Quercetin: 52.64mg, Quercetin: 52.64mg, Quercetin: 52.64mg, Quercetin: 52.64mg

Nutrients (% of daily need)

Calories: 451.43kcal (22.57%), Fat: 1.24g (1.9%), Saturated Fat: 0.25g (1.55%), Carbohydrates: 111.38g (37.13%), Net Carbohydrates: 97.12g (35.31%), Sugar: 76.7g (85.22%), Cholesterol: 0mg (0%), Sodium: 6133.2mg (266.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.38%), Manganese: 2.57mg (128.53%), Vitamin C: 50.65mg (61.39%), Fiber: 14.27g (57.06%), Vitamin E: 5.26mg (35.05%), Vitamin K: 36.28µg (34.56%), Vitamin A: 1450.42IU (29.01%), Iron: 5.18mg (28.77%), Potassium: 794.79mg (22.71%), Copper: 0.4mg (20.15%), Vitamin B6: 0.37mg (18.25%), Calcium: 178mg (17.8%), Magnesium: 61.8mg (15.45%), Vitamin B5: 1.12mg (11.17%), Phosphorus: 96.71mg (9.67%), Vitamin B2: 0.16mg (9.38%), Selenium: 5.25µg (7.51%), Vitamin B3: 1.45mg (7.23%), Vitamin B1: 0.1mg (6.46%), Zinc: 0.84mg (5.6%), Folate: 21.8µg (5.45%)