



Diane Sauce

 Gluten Free

READY IN



12 min.

SERVINGS



12

CALORIES



89 kcal

SAUCE

Ingredients

- 0.8 cup barbeque sauce
- 0.8 cup tomato sauce canned
- 2 tablespoons garlic crushed
- 0.8 cup heavy cream
- 1.5 tablespoons worcestershire sauce

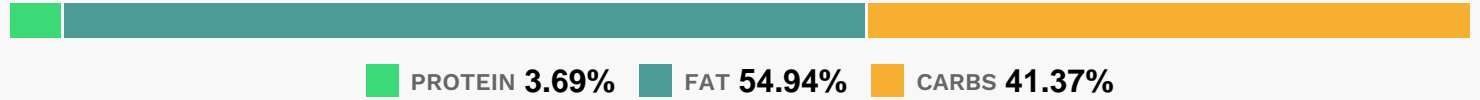
Equipment

- sauce pan

Directions

- In a saucepan, combine the tomato sauce, barbeque sauce, cream, Worcestershire sauce and garlic.
- Heat over medium-low setting, stirring, until it comes to a simmer. Allow to simmer for 10 minutes but do not let it boil.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:1.9969565181629%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 88.62kcal (4.43%), Fat: 5.54g (8.52%), Saturated Fat: 3.44g (21.48%), Carbohydrates: 9.38g (3.13%), Net Carbohydrates: 8.96g (3.26%), Sugar: 7.14g (7.93%), Cholesterol: 16.81mg (5.6%), Sodium: 288.56mg (12.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin A: 326.8IU (6.54%), Potassium: 123.43mg (3.53%), Vitamin E: 0.5mg (3.35%), Vitamin B2: 0.05mg (3.07%), Manganese: 0.06mg (3.07%), Vitamin B6: 0.05mg (2.51%), Vitamin C: 1.96mg (2.38%), Iron: 0.41mg (2.29%), Calcium: 22.55mg (2.25%), Copper: 0.04mg (2.02%), Phosphorus: 19.65mg (1.97%), Fiber: 0.42g (1.67%), Vitamin D: 0.24µg (1.59%), Magnesium: 6.27mg (1.57%), Vitamin B3: 0.29mg (1.46%), Selenium: 0.97µg (1.39%), Vitamin B5: 0.12mg (1.23%), Vitamin K: 1.27µg (1.21%)