



Four-Alarm Barbecue Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



27 kcal

SAUCE

Ingredients

- ☐ 2 teaspoons canola oil
- ☐ 1 teaspoon chipotle sauce
- ☐ 0.5 cup chili sauce
- ☐ 12 ounce coca-cola canned
- ☐ 2 garlic clove minced
- ☐ 1 teaspoon ancho chili pepper
- ☐ 1 jalapeno chopped
- ☐ 1 cup onion finely chopped

- ☐ 2 tablespoons red wine vinegar
- ☐ 0.8 cup water

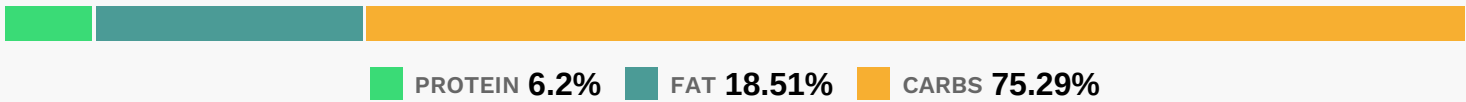
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add onion and garlic; cook 2 minutes or until onion is tender.
- ☐ Add 3/4 cup water and the remaining ingredients. Bring to a boil; reduce heat and simmer until reduced to 1 1/2 cups (about 12 minutes).
- ☐ Place half of chili sauce mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid spills). Blend until smooth.
- ☐ Pour into a large bowl. Repeat procedure with remaining chili sauce mixture.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:1.53, Inflammation Score:-2, Nutrition Score:1.1152173948029%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 27.32kcal (1.37%), Fat: 0.58g (0.89%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 5.27g (1.76%), Net Carbohydrates: 4.69g (1.71%), Sugar: 3.76g (4.18%), Cholesterol: 0mg (0%), Sodium: 116.91mg (5.08%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.43g (0.87%), Vitamin C: 3.37mg (4.08%), Vitamin A: 149.28IU (2.99%),
Fiber: 0.58g (2.33%), Vitamin E: 0.29mg (1.96%), Vitamin B6: 0.04mg (1.82%), Potassium: 56.76mg (1.62%), Vitamin
K: 1.34µg (1.28%), Manganese: 0.02mg (1.19%), Phosphorus: 10.9mg (1.09%)