



Guava Barbeque Sauce



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



3

CALORIES



129 kcal

SAUCE

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 0.3 cup rum dark
- ☐ 1 tablespoon ginger root fresh minced
- ☐ 2 cloves garlic minced
- ☐ 1 cup guava paste
- ☐ 2 teaspoons catsup
- ☐ 3 servings kosher salt and pepper to taste
- ☐ 0.3 cup juice of lemon fresh

- ☐ 2 tablespoons onion minced
- ☐ 0.3 scotch bonnet chile pepper minced to taste or
- ☐ 1 tablespoon soya sauce
- ☐ 0.3 cup tomato paste
- ☐ 1 cup water cold
- ☐ 2 teaspoons worcestershire sauce

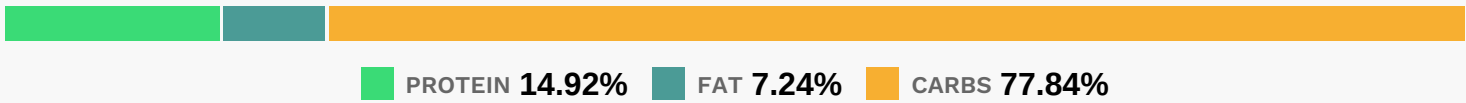
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place the water, guava paste, vinegar, rum, tomato paste, lemon juice, onion, ginger, soy sauce, ketchup, Worcestershire sauce, garlic, and scotch bonnet pepper into a saucepan. Bring to a simmer over medium-high heat, whisking until evenly blended. Season to taste with salt and pepper. Reduce heat to medium-low and simmer until the sauce has slightly thickened and is richly flavored, 10 to 15 minutes. The sauce should be pourable. If it has become too thick, thin it with some water.
- ☐ Serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:99, Glycemic Load:5.18, Inflammation Score:-8, Nutrition Score:11.249565269636%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 129.45kcal (6.47%), Fat: 0.72g (1.11%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 17.43g (5.81%), Net Carbohydrates: 13.23g (4.81%), Sugar: 9.78g (10.87%), Cholesterol: 0mg (0%), Sodium: 791.43mg (34.41%), Alcohol: 6.68g (100%), Alcohol %: 3.41% (100%), Protein: 3.34g (6.68%), Vitamin C: 141.14mg (171.08%), Fiber: 4.2g (16.79%), Potassium: 575.72mg (16.45%), Manganese: 0.3mg (15.16%), Vitamin A: 705.88IU (14.12%), Copper: 0.26mg (13.12%), Vitamin E: 1.44mg (9.58%), Folate: 37.11µg (9.28%), Vitamin B6: 0.18mg (8.76%), Vitamin B3: 1.65mg (8.25%), Magnesium: 30.33mg (7.58%), Iron: 1.31mg (7.28%), Phosphorus: 61.88mg (6.19%), Vitamin B2: 0.08mg (4.98%), Vitamin B1: 0.07mg (4.73%), Vitamin K: 4.24µg (4.04%), Vitamin B5: 0.36mg (3.56%), Calcium: 34.95mg (3.49%), Selenium: 1.96µg (2.81%), Zinc: 0.38mg (2.57%)