



Guava BBQ Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



86 kcal

SAUCE

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 0.5 teaspoon curry powder
- ☐ 2 garlic clove minced
- ☐ 1 teaspoon ground allspice
- ☐ 8 ounces guava
- ☐ 0.5 cup guava nectar
- ☐ 8 servings hot sauce to taste
- ☐ 0.3 cup blackstrap molasses

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon paprika smoked
- ☐ 2 tablespoons tomato paste
- ☐ 1 tablespoon vegetable oil
- ☐ 1 small onion yellow finely chopped

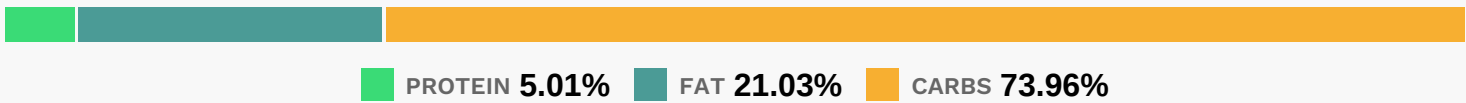
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a saucepan over medium-high heat.
- ☐ Add onion and garlic; saut 3 to 5 minutes or until tender. Stir in guava nectar and remaining ingredients. Cook over medium-low heat, stirring occasionally, 5 minutes or until mixture is slightly thickened.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:5.68, Inflammation Score:-6, Nutrition Score:8.0934781665387%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 85.56kcal (4.28%), Fat: 2.09g (3.22%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 16.56g (5.52%), Net Carbohydrates: 14.36g (5.22%), Sugar: 13.27g (14.75%), Cholesterol: 0mg (0%), Sodium: 113.88mg (4.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Vitamin C: 69.67mg (84.45%), Manganese: 0.29mg (14.38%), Potassium: 351.94mg (10.06%), Magnesium: 36.54mg (9.14%), Fiber: 2.2g (8.8%), Vitamin A: 369.51IU (7.39%), Copper: 0.14mg (7.22%), Vitamin B6: 0.14mg (6.96%), Iron: 0.85mg (4.72%), Vitamin K: 4.82µg (4.59%), Folate: 16.94µg (4.23%), Vitamin E: 0.63mg (4.19%), Calcium: 36.8mg (3.68%), Selenium: 2.46µg (3.52%), Vitamin B3: 0.61mg (3.04%), Vitamin B5: 0.25mg (2.53%), Phosphorus: 24.23mg (2.42%), Vitamin B1: 0.03mg (2.21%), Vitamin B2: 0.03mg (1.47%), Zinc: 0.17mg (1.15%)