



Honey Bourbon Fire Sauce

 Vegetarian

READY IN



50 min.

SERVINGS



14

CALORIES



282 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup premium bourbon
- ☐ 1 tablespoon butter
- ☐ 4 tablespoons garlic minced
- ☐ 2 tablespoons ground pepper black
- ☐ 32 ounces honey
- ☐ 1 onion chopped
- ☐ 16 ounce picante sauce
- ☐ 16 ounce salsa hot

- ☐ 1 cup tomato-vegetable juice cocktail
- ☐ 12 ounce tomato paste canned

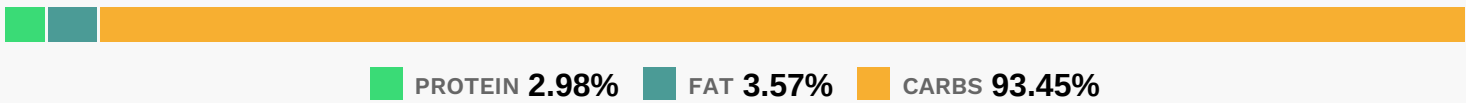
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a large saucepan over medium heat, saute the onion and garlic for 10 to 15 minutes, or until onion is caramelized. Reduce heat to low and pour in about 1 cup of bourbon to deglaze the pan. Return saucepan to medium high heat, add the remaining bourbon, and bring to a slow boil for 5 to 10 minutes, allowing the alcohol to cook out of the bourbon.
- ☐ Add the honey, picante sauce, hot pepper sauce, tomato paste, tomato-vegetable juice and ground black pepper and stir well. Bring this mixture to a slow, rolling boil for about 5 to 10 minutes.
- ☐ Remove from heat, cover and cool in the refrigerator.
- ☐ Marinate your meat in a separate large, nonporous bowl for 3 to 4 hours, pouring sauce over meat. Boil remaining sauce for 10 minutes and serve with meat, if desired. Discard any excess marinade.

Nutrition Facts



Properties

Glycemic Index:19.69, Glycemic Load:29.03, Inflammation Score:-5, Nutrition Score:5.7813044021149%

Flavonoids

Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 281.98kcal (14.1%), Fat: 1.06g (1.63%), Saturated Fat: 0.56g (3.47%), Carbohydrates: 62.31g (20.77%), Net Carbohydrates: 60.08g (21.85%), Sugar: 57.72g (64.13%), Cholesterol: 2.15mg (0.72%), Sodium: 468.96mg (20.39%), Alcohol: 5.73g (100%), Alcohol %: 3.62% (100%), Protein: 1.99g (3.97%), Manganese: 0.34mg (17.12%), Vitamin B6: 0.23mg (11.29%), Vitamin C: 8.26mg (10.01%), Potassium: 344.43mg (9.84%), Vitamin A: 471.43IU (9.43%), Fiber: 2.23g (8.9%), Vitamin E: 1.19mg (7.9%), Copper: 0.15mg (7.27%), Vitamin B3: 1.26mg (6.28%), Iron: 1.08mg (6%), Vitamin K: 5.95µg (5.67%), Magnesium: 20.63mg (5.16%), Phosphorus: 42.28mg (4.23%), Calcium: 42.01mg (4.2%), Vitamin B2: 0.07mg (4.15%), Vitamin B1: 0.06mg (3.95%), Vitamin B5: 0.32mg (3.22%), Folate: 12.26µg (3.06%), Zinc: 0.42mg (2.81%), Selenium: 1.72µg (2.45%)