



Huckleberry BBQ Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



137 kcal

SAUCE

Ingredients

- 1 teaspoon chili powder
- 0.5 cup cider vinegar
- 1 teaspoon mustard dry
- 0.5 teaspoon ground cumin
- 1 cup .5 oz/185 g huckleberries fresh
- 2 teaspoons kosher salt
- 0.3 cup brown sugar light packed
- 2 teaspoons blackstrap molasses

- 1 small onion chopped
- 0.5 tsp pepper
- 0.5 teaspoon chile flakes red
- 2 cups tomatoes chopped
- 2 teaspoons vegetable oil

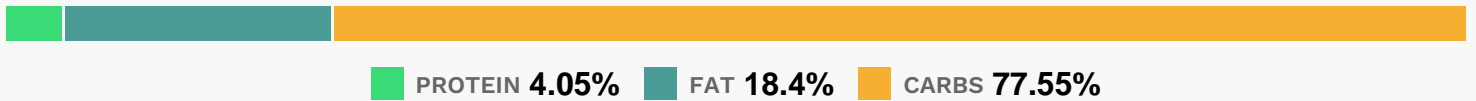
Equipment

- sauce pan
- blender

Directions

- In a medium saucepan, cook onion in oil over medium heat until soft, 5 minutes. Stir in salt, chili powder, dry mustard, pepper, chile flakes, and cumin. Cook until seasonings are fragrant, 1 to 2 minutes.
- Add tomatoes, vinegar, sugar, and molasses. Simmer, covered, stirring occasionally, for 1 hour.
- Add berries and simmer gently, uncovered, until softened, 25 minutes. Pure most of sauce in a blender, then stir into remaining sauce.
- *Buy from specialty produce markets or nwwildfoods.com, or pick your own in the wild from August through October.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:2.42, Inflammation Score:-6, Nutrition Score:5.8443478294041%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 137.08kcal (6.85%), Fat: 2.83g (4.36%), Saturated Fat: 0.41g (2.55%), Carbohydrates: 26.84g (8.95%), Net Carbohydrates: 25.24g (9.18%), Sugar: 18.87g (20.96%), Cholesterol: 0mg (0%), Sodium: 1192.55mg (51.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.81%), Vitamin A: 894.73IU (17.89%), Vitamin C: 13.22mg (16.02%), Manganese: 0.31mg (15.62%), Vitamin K: 11.34µg (10.8%), Potassium: 319.66mg (9.13%), Vitamin B6: 0.13mg (6.46%), Fiber: 1.6g (6.41%), Magnesium: 25.49mg (6.37%), Iron: 1.11mg (6.19%), Vitamin E: 0.91mg (6.08%), Calcium: 48.99mg (4.9%), Copper: 0.09mg (4.69%), Vitamin B3: 0.81mg (4.06%), Folate: 15.73µg (3.93%), Phosphorus: 35.01mg (3.5%), Vitamin B1: 0.05mg (3.38%), Selenium: 2.13µg (3.04%), Vitamin B2: 0.05mg (2.72%), Zinc: 0.26mg (1.75%), Vitamin B5: 0.15mg (1.48%)