



Indonesian Barbecue Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



361 kcal

SAUCE

Ingredients

- ☐ 0.5 cup firmly brown sugar dark packed
- ☐ 0.5 cup cider vinegar
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 3 tablespoons ginger fresh finely minced
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 cup catsup
- ☐ 0.3 cup juice of lime fresh

- ☐ 2.3 cups pineapple juice
- ☐ 0.5 cup rice wine vinegar
- ☐ 0.3 cup soya sauce

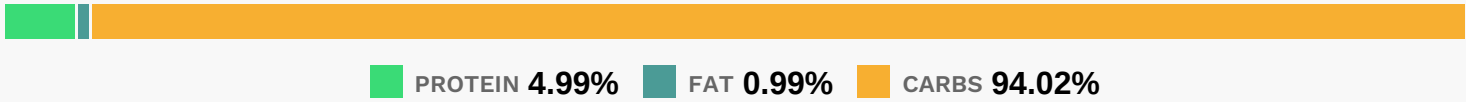
Equipment

- ☐ sauce pan

Directions

- ☐ Stir together first 6 ingredients in a medium saucepan. Bring mixture to a boil, stirring occasionally, over medium-high heat. Boil 15 minutes, stirring occasionally, or until mixture is reduced by half. Stir in ketchup, brown sugar, and hot sauce; reduce heat, and simmer 10 minutes.
- ☐ Remove from heat; stir in lime juice and cilantro.
- ☐ Note: Any thick, firm-fleshed white fish or boneless, skinless chicken breast can be used as a substitute for scrod. The sauce can be prepared up to 4 days to 1 day in advance and refrigerated, tightly covered.

Nutrition Facts



Properties

Glycemic Index:76, Glycemic Load:11.01, Inflammation Score:-6, Nutrition Score:12.199565192927%

Flavonoids

Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 2.41mg, Hesperetin: 2.41mg, Hesperetin: 2.41mg, Hesperetin: 2.41mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 360.89kcal (18.04%), Fat: 0.4g (0.62%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 86.69g (28.9%), Net Carbohydrates: 85.59g (31.12%), Sugar: 71.49g (79.43%), Cholesterol: 0mg (0%), Sodium: 2201.79mg (95.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Manganese: 1.3mg (65.11%), Vitamin C: 30.63mg (37.12%), Vitamin B6: 0.42mg (20.89%), Potassium: 659.82mg (18.85%), Copper: 0.28mg (13.9%), Magnesium:

53.47mg (13.37%), Vitamin B3: 2.67mg (13.33%), Vitamin B2: 0.22mg (12.88%), Folate: 47.87µg (11.97%), Iron: 1.91mg (10.59%), Vitamin B1: 0.14mg (9.31%), Vitamin A: 460.95IU (9.22%), Vitamin E: 1.29mg (8.62%), Calcium: 84.76mg (8.48%), Phosphorus: 84.29mg (8.43%), Fiber: 1.1g (4.41%), Vitamin K: 4.39µg (4.18%), Zinc: 0.54mg (3.63%), Vitamin B5: 0.34mg (3.44%), Selenium: 2µg (2.86%)