

Island BBQ Sauce



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



3

CALORIES



576 kcal

SAUCE

Ingredients

- ☐ 0.1 teaspoon cayenne pepper
- ☐ 1 tablespoon chili powder
- ☐ 3 inch ginger root fresh minced
- ☐ 2 cloves garlic minced
- ☐ 3 tablespoons hoisin sauce
- ☐ 2 cups catsup
- ☐ 0.3 cup blackstrap molasses
- ☐ 2 tablespoons olive oil

- ☐ 1 cup onion minced
- ☐ 2 tablespoons sherry vinegar
- ☐ 0.5 cup spiced rum divided
- ☐ 0.3 cup splenda® brown sugar blend
- ☐ 2 tablespoons tomato paste

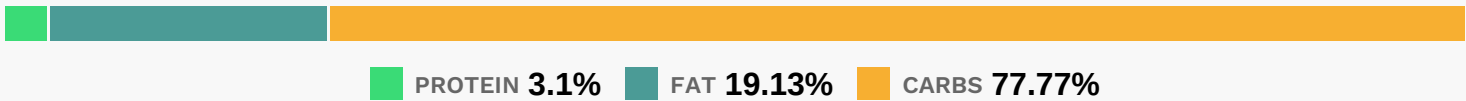
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the olive oil in a saucepan over medium-high heat. Stir in the onion, garlic, and ginger, and cook until tender. Reduce heat to low.
- ☐ Mix in ketchup, SPLENDA® Brown Sugar Blend, molasses, rum, hoisin sauce, tomato paste, vinegar, chili powder, and cayenne pepper. Cook and stir 5 minutes, until well blended and heated through. Stir in remaining rum.

Nutrition Facts



Properties

Glycemic Index:69.33, Glycemic Load:11.4, Inflammation Score:-9, Nutrition Score:16.628261089325%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.24mg, Quercetin: 12.24mg, Quercetin: 12.24mg, Quercetin: 12.24mg

Nutrients (% of daily need)

Calories: 576.49kcal (28.82%), Fat: 10.63g (16.35%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 97.18g (32.39%), Net Carbohydrates: 93.77g (34.1%), Sugar: 78.33g (87.03%), Cholesterol: 0.48mg (0.16%), Sodium: 1853.59mg (80.59%), Alcohol: 13.36g (100%), Alcohol %: 4.78% (100%), Protein: 3.87g (7.74%), Manganese: 0.84mg (41.9%), Vitamin A: 1811.01IU (36.22%), Vitamin E: 5.26mg (35.04%), Potassium: 1160.23mg (33.15%), Vitamin B6: 0.63mg

(31.61%), Magnesium: 110.43mg (27.61%), Vitamin B2: 0.36mg (21.39%), Copper: 0.41mg (20.56%), Vitamin B3: 3.51mg (17.57%), Iron: 3.13mg (17.41%), Vitamin C: 14.01mg (16.99%), Vitamin K: 14.85µg (14.15%), Fiber: 3.4g (13.62%), Calcium: 117.15mg (11.72%), Selenium: 8.12µg (11.6%), Phosphorus: 96.79mg (9.68%), Folate: 31.16µg (7.79%), Vitamin B1: 0.08mg (5.05%), Zinc: 0.75mg (4.97%), Vitamin B5: 0.44mg (4.42%)