



## Jamaican Jerked BBQ Sauce

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



1617 kcal

SAUCE

### Ingredients

- 1 cup full beer flavored
- 1 teaspoon chili powder
- 1 teaspoon brown curry powder
- 1 tablespoon garlic powder
- 1 tablespoon ground allspice
- 1 teaspoon ground cinnamon
- 3 tablespoons hot sauce (or as you like it)
- 1 cup blackstrap molasses

- 1 teaspoon powdered ginger
- 6 servings crossing over quintessential american desserts
- 4 tablespoons soya sauce
- 6 servings spices: paprika powder 1 spanish chinese to taste (Jamaica is multi-ethnic and so is this sauce - African, , Indian, )
- 1 pint tomato sauce plain
- 5 tablespoons vegetable oil

## Equipment

- sauce pan
- pot
- grill
- tongs

## Directions

- Combine all ingredients in a large pot or saucepan.
- Heat over medium heat, until thickened and slightly reduced. Cool and store in plastic containers or jars in the refrigerator until ready to use.
- Preheat grill to high.
- For ribs, place on grill without sauce and sear both sides. Use tongs. (Not forks, which allow juices to run.). Paint both sides with sauce.
- Place on grill and sear first side, approximately 5 minutes. Turn and repaint seared side.
- Remove after approximately 5 minutes.
- Cut and serve.
- A viewer, who may not be a professional cook, provided this recipe. The FN chefs have not tested this recipe and therefore, we cannot make representation as to the results.

## Nutrition Facts

 PROTEIN **16.67%**  FAT **69.83%**  CARBS **13.5%**

## Properties

Glycemic Index:29.08, Glycemic Load:20.59, Inflammation Score:-8, Nutrition Score:44.138261027958%

## Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 1617.25kcal (80.86%), Fat: 125.68g (193.35%), Saturated Fat: 52.47g (327.92%), Carbohydrates: 54.69g (18.23%), Net Carbohydrates: 52.46g (19.08%), Sugar: 45.21g (50.24%), Cholesterol: 300mg (100%), Sodium: 1458.13mg (63.4%), Alcohol: 1.53g (100%), Alcohol %: 0.32% (100%), Protein: 67.49g (134.98%), Selenium: 79.96µg (114.23%), Zinc: 15.92mg (106.13%), Vitamin B12: 6.21µg (103.46%), Vitamin B6: 2.02mg (100.97%), Vitamin B3: 17.37mg (86.86%), Manganese: 1.4mg (70%), Iron: 10.85mg (60.27%), Potassium: 2022.13mg (57.78%), Magnesium: 229.23mg (57.31%), Phosphorus: 551.29mg (55.13%), Vitamin B2: 0.93mg (54.97%), Copper: 0.65mg (32.52%), Vitamin K: 30.29µg (28.84%), Vitamin B1: 0.36mg (24.22%), Calcium: 191.57mg (19.16%), Vitamin E: 2.31mg (15.38%), Vitamin C: 11.08mg (13.43%), Vitamin A: 539.22IU (10.78%), Fiber: 2.23g (8.93%), Vitamin B5: 0.78mg (7.79%), Folate: 25.9µg (6.48%), Vitamin D: 0.8µg (5.33%)