



Japanese Influenced BBQ Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



109 kcal

SAUCE

Ingredients



1 teaspoon chili powder



2 teaspoons mustard dry



1 teaspoon ginger fresh grated



4 cloves garlic minced to taste



0.3 cup miso paste dark



1 teaspoon pepper flakes red



0.5 cup sake



2 tablespoons soy sauce) japanese- or thai-style

- ☐ 6 ounce tomato paste canned
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup water
- ☐ 0.4 cup sugar white
- ☐ 0.3 cup vinegar white
- ☐ 2 tablespoons worcestershire sauce

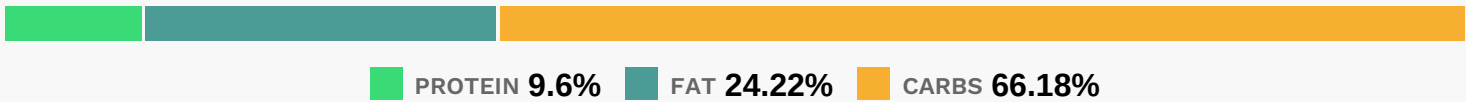
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a saucepan over medium heat. Cook and stir garlic in hot oil until fragrant, 2 to 3 minutes.
- ☐ Stir tomato paste, sake, water, sugar, vinegar, miso paste, soy sauce, Worcestershire sauce, mustard, chili powder, ginger, and red pepper flakes with the garlic in the saucepan; bring to a simmer and cook, stirring frequently, until thickened, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:34.89, Glycemic Load:8.21, Inflammation Score:-3, Nutrition Score:3.5060868878727%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 108.83kcal (5.44%), Fat: 2.57g (3.96%), Saturated Fat: 0.38g (2.38%), Carbohydrates: 15.82g (5.27%), Net Carbohydrates: 14.64g (5.33%), Sugar: 11.42g (12.69%), Cholesterol: 0mg (0%), Sodium: 665.08mg (28.92%), Alcohol: 2.41g (100%), Alcohol %: 3.39% (100%), Protein: 2.29g (4.59%), Manganese: 0.19mg (9.32%), Vitamin K: 7.39µg (7.04%), Iron: 1mg (5.58%), Copper: 0.11mg (5.39%), Fiber: 1.18g (4.7%), Vitamin B6: 0.09mg (4.47%), Potassium: 148.47mg (4.24%), Vitamin E: 0.63mg (4.18%), Vitamin A: 205.09IU (4.1%), Phosphorus: 38.11mg (3.81%), Magnesium: 14.94mg (3.73%), Vitamin C: 3.03mg (3.67%), Selenium: 2.45µg (3.5%), Vitamin B3: 0.64mg (3.2%),

Vitamin B2: 0.05mg (3.12%), Vitamin B1: 0.04mg (2.56%), Zinc: 0.38mg (2.54%), Calcium: 25.08mg (2.51%), Folate: 6.57µg (1.64%), Vitamin B5: 0.12mg (1.23%)