

Korean Barbecue Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



42 kcal

SEASONING

MARINADE

Ingredients

- 2 tablespoons agave nectar
- 0.3 cup apple juice unsweetened frozen fine (the kind is)
- 1 teaspoon pepper flakes minced
- 1 clove garlic pressed
- 1 teaspoon ginger minced
- 0.1 teaspoon pepper red
- 1 tablespoon rice wine
- 0.3 teaspoon sesame oil

- 1 teaspoon sesame seed toasted
- 0.3 cup soya sauce
- 2 tablespoons water

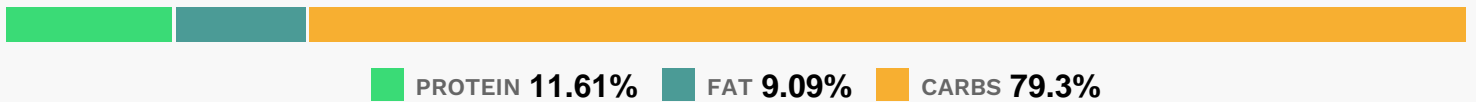
Equipment

- sauce pan

Directions

- Place all ingredients except the sesame seeds into a small saucepan and bring to a boil over medium-high heat. Reduce the heat to very low and simmer until partially reduced, about 15 minutes.
- Remove from heat and add sesame seeds. Sauce should thicken as it cools. To use, warm slightly and serve over vegetables and tofu. Makes about 6 2-tablespoon servings.

Nutrition Facts



Properties

Glycemic Index:32.63, Glycemic Load:1.59, Inflammation Score:-1, Nutrition Score:1.3334782810315%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 42.03kcal (2.1%), Fat: 0.41g (0.62%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 7.97g (2.66%), Net Carbohydrates: 7.76g (2.82%), Sugar: 6.31g (7.01%), Cholesterol: 0mg (0%), Sodium: 542.03mg (23.57%), Alcohol: 0.4g (100%), Alcohol %: 1.27% (100%), Protein: 1.17g (2.33%), Manganese: 0.08mg (3.92%), Vitamin C: 2.68mg (3.25%), Vitamin B6: 0.05mg (2.63%), Vitamin B3: 0.48mg (2.38%), Vitamin B2: 0.03mg (1.83%), Iron: 0.33mg (1.83%), Phosphorus: 17.21mg (1.72%), Copper: 0.03mg (1.69%), Vitamin K: 1.77µg (1.68%), Magnesium: 6.52mg (1.63%), Vitamin B1: 0.02mg (1.44%), Potassium: 43.76mg (1.25%), Folate: 4.42µg (1.1%)