



Magpie's Barbeque Sauce



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



449 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon add carrot and onion to bacon fat . cook
- ☐ 1 cup balsamic vinegar
- ☐ 1 cup brown sugar packed
- ☐ 1 teaspoon bottled chipotle chile sauce
- ☐ 0.5 teaspoon chile pepper dried crushed
- ☐ 1 tablespoon ginger fresh minced
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground coriander

- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons ground mustard
- ☐ 1 teaspoon fresh-ground pepper black
- ☐ 1.5 cups catsup
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup onion minced
- ☐ 0.5 teaspoon paprika spanish
- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup worcestershire sauce

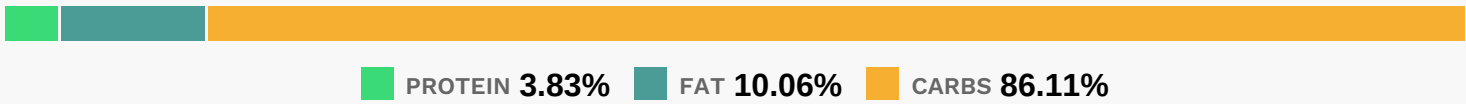
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Heat the bacon drippings in a saucepan over medium heat. Cook the onion in the bacon drippings until soft, about 7 minutes. Stir in the garlic and ginger. Cook and stir another 30 seconds. Reduce heat to low.
- ☐ Stir together the ketchup, Worcestershire sauce, soy sauce, brown sugar, balsamic vinegar, lemon juice, chipotle sauce, mustard, ground chile pepper, pepper, salt, cumin, coriander, and paprika in a bowl. Stir sauce into the onion mixture, and simmer for 20 minutes, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:6.06, Inflammation Score:-6, Nutrition Score:10.163043429022%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 449.33kcal (22.47%), Fat: 5.18g (7.97%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 99.7g (33.23%), Net Carbohydrates: 97.65g (35.51%), Sugar: 86.05g (95.61%), Cholesterol: 3.33mg (1.11%), Sodium: 1961.65mg (85.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.86%), Manganese: 0.5mg (25.07%), Potassium: 670.26mg (19.15%), Vitamin C: 14.72mg (17.85%), Iron: 3.16mg (17.53%), Vitamin A: 666.08IU (13.32%), Selenium: 9.27µg (13.25%), Magnesium: 52.7mg (13.17%), Vitamin B2: 0.22mg (13.07%), Vitamin B6: 0.26mg (13.07%), Calcium: 122.39mg (12.24%), Vitamin B3: 2.35mg (11.73%), Copper: 0.23mg (11.34%), Phosphorus: 109.05mg (10.91%), Vitamin E: 1.6mg (10.67%), Fiber: 2.06g (8.22%), Folate: 24.83µg (6.21%), Vitamin B1: 0.08mg (5.07%), Vitamin K: 4.67µg (4.45%), Zinc: 0.64mg (4.24%), Vitamin B5: 0.26mg (2.61%)