



Maple-Chipotle Barbecue Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



131 kcal

SAUCE

Ingredients

- ☐ 3 large chipotles in adobo
- ☐ 2 large garlic clove minced
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.3 cup catsup
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup chicken broth low-sodium
- ☐ 0.3 cup maple syrup pure
- ☐ 1 medium onion minced

- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 tablespoon vegetable oil

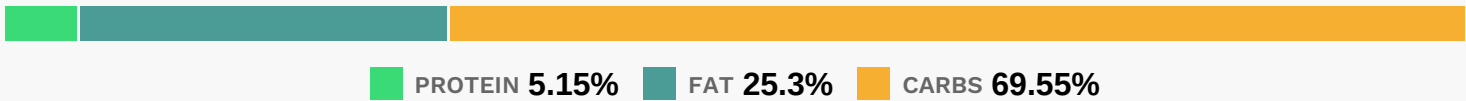
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ In a blender, combine the chipotles with the ketchup, maple syrup, broth and allspice and puree until smooth.
- ☐ In a medium saucepan, heat the oil until shimmering.
- ☐ Add the onion and garlic and cook over moderately high heat until golden, 5 minutes.
- ☐ Add the chipotle puree. Season with salt and pepper. Cook over moderate heat until thickened, 15 minutes. Stir in the lemon juice.
- ☐ Transfer to a bowl and let cool.
- ☐ Brush on chicken, beef, lamb, pork or ham during the last few minutes of grilling, broiling or roasting. Or, dilute with a little chicken stock and use to deglaze pan drippings.

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:5.66, Inflammation Score:-2, Nutrition Score:4.6756521929865%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 130.71kcal (6.54%), Fat: 3.82g (5.87%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 23.62g (7.87%), Net Carbohydrates: 21.93g (7.97%), Sugar: 17.36g (19.28%), Cholesterol: 0mg (0%), Sodium: 350.9mg (15.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Manganese: 0.54mg (27.05%), Vitamin B2: 0.31mg (18.11%), Fiber: 1.69g (6.77%), Vitamin K: 6.84µg (6.51%), Vitamin C: 4.59mg (5.57%), Vitamin B3: 1.09mg (5.43%), Potassium: 188.89mg (5.4%), Vitamin B6: 0.08mg (4.15%), Calcium: 36.34mg (3.63%), Vitamin E: 0.51mg (3.4%), Phosphorus: 32.24mg (3.22%), Iron: 0.56mg (3.12%), Copper: 0.06mg (2.96%), Magnesium: 10.21mg (2.55%), Vitamin B1: 0.03mg (2.1%), Zinc: 0.29mg (1.95%), Folate: 7.39µg (1.85%), Vitamin A: 78.76IU (1.58%)