



Maple-Chipotle Barbecue Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



82 kcal

SAUCE

Ingredients

- ☐ 2 chipotle sauce canned minced seeded
- ☐ 1 small garlic head
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 cup maple syrup
- ☐ 1 cup onion finely chopped (1 small)
- ☐ 0.3 cup rice vinegar

- ☐ 1.5 cups tomato sauce
- ☐ 0.3 teaspoon vanilla extract
- ☐ 2 tablespoons worcestershire sauce

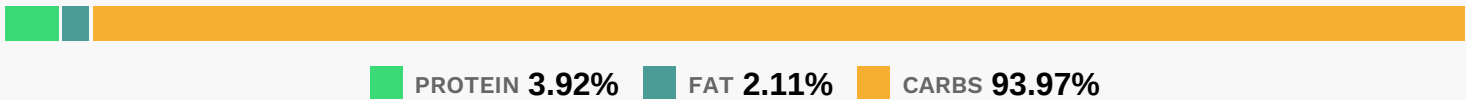
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Remove white papery skin from garlic head (do not peel or separate the cloves). Wrap head in foil.
- ☐ Bake at 350 for 1 hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.
- ☐ Combine garlic and remaining ingredients in a medium saucepan over medium heat; bring to a simmer. Cook 20 minutes, stirring frequently. Strain mixture through a sieve over a bowl, and discard solids.

Nutrition Facts



Properties

Glycemic Index:25.44, Glycemic Load:6.19, Inflammation Score:-3, Nutrition Score:4.8013043973757%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 82.2kcal (4.11%), Fat: 0.2g (0.3%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 19.61g (6.54%), Net Carbohydrates: 18.11g (6.58%), Sugar: 15.24g (16.94%), Cholesterol: 0mg (0%), Sodium: 276.14mg (12.01%), Alcohol: 0.04g (100%), Alcohol %: 0.05% (100%), Protein: 0.82g (1.64%), Manganese: 0.59mg (29.53%), Vitamin B2: 0.3mg (17.5%), Potassium: 249.64mg (7.13%), Vitamin C: 5.42mg (6.56%), Fiber: 1.5g (6%), Iron: 0.86mg (4.79%), Vitamin E: 0.67mg (4.5%), Vitamin A: 203.33IU (4.07%), Calcium: 40.38mg (4.04%), Vitamin B6: 0.07mg (3.7%), Copper: 0.07mg (3.63%), Magnesium: 14.52mg (3.63%), Vitamin B3: 0.53mg (2.67%), Vitamin B1: 0.04mg (2.51%), Phosphorus: 22.3mg (2.23%), Folate: 8.32µg (2.08%), Zinc: 0.3mg (1.98%), Vitamin B5: 0.17mg (1.69%), Vitamin K: 1.5µg (1.43%)