



## Maple-Molasses Barbecue Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



170 kcal

SAUCE

### Ingredients

- 3 tablespoons cider vinegar
- 1 tablespoon cornstarch
- 0.3 cup creamy peanut butter reduced-fat
- 2 cloves garlic minced
- 1 teaspoon gingerroot minced peeled
- 0.3 cup soya sauce low-sodium
- 0.5 cup maple syrup
- 0.3 cup blackstrap molasses

- 0.5 cup onion finely chopped
- 1 teaspoon pepper dried red crushed
- 0.5 cup water

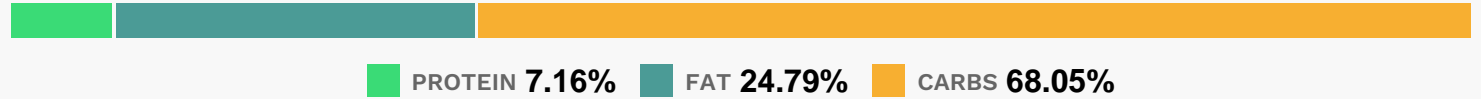
## Equipment

- sauce pan

## Directions

- Coat a medium saucepan with cooking spray; place over medium heat until hot.
- Add onion and garlic; cook, stirring constantly, 3 minutes or until tender.
- Combine cornstarch and next 7 ingredients; stir well.
- Add to onion mixture; bring to a boil. Cook 3 minutes, stirring frequently.
- Add peanut butter; cook, stirring constantly, 2 minutes or until peanut butter melts. Use to baste while cooking and/or to serve with chicken or pork.

## Nutrition Facts



## Properties

Glycemic Index:29.5, Glycemic Load:10.18, Inflammation Score:-4, Nutrition Score:6.9726088254348%

## Flavonoids

Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

## Nutrients (% of daily need)

Calories: 169.79kcal (8.49%), Fat: 4.81g (7.4%), Saturated Fat: 0.95g (5.93%), Carbohydrates: 29.7g (9.9%), Net Carbohydrates: 28.86g (10.5%), Sugar: 24.33g (27.03%), Cholesterol: 0mg (0%), Sodium: 380.5mg (16.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.25%), Manganese: 0.94mg (46.9%), Vitamin B2: 0.34mg (19.92%), Magnesium: 58.24mg (14.56%), Potassium: 343.1mg (9.8%), Vitamin B6: 0.17mg (8.35%), Vitamin B3: 1.51mg (7.57%), Vitamin E: 0.99mg (6.6%), Calcium: 63.14mg (6.31%), Copper: 0.12mg (5.8%), Phosphorus: 56.33mg (5.63%), Iron: 0.98mg (5.46%), Selenium: 2.84µg (4.06%), Zinc: 0.55mg (3.66%), Folate: 14.24µg (3.56%), Fiber: 0.83g (3.34%), Vitamin B1: 0.04mg (2.95%), Vitamin B5: 0.25mg (2.46%), Vitamin A: 85.02IU (1.7%), Vitamin C:

1.13mg (1.37%)