



Meat Lite: Bacon Chipotle Slather Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



225 kcal

SAUCE

Ingredients

- ☐ 1 chiles in adobo sauce dried seeded (leave the seeds in if you want to add serious heat to the sauce)
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon dijon mustard
- ☐ 4 garlic clove roughly chopped
- ☐ 2 tablespoons brown sugar light
- ☐ 0.3 cup malt vinegar
- ☐ 2 tablespoons blackstrap molasses

- ☐ 4 large shallots chopped
- ☐ 2 pieces bacon thick-cut sliced into 1/2-inch pieces
- ☐ 1 tablespoon tomato paste
- ☐ 0.3 cup water
- ☐ 1 tablespoon worcestershire sauce

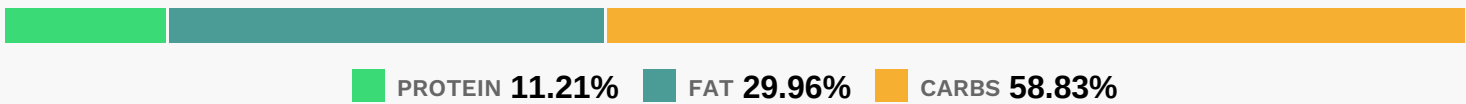
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Add the brown sugar and tomato paste, stirring until both melt into the ingredients.
- ☐ Add the vinegar, water, molasses, mustard, Worcestershire, tomatoes and chipotle and stir to combine.
- ☐ Reduce heat to medium-low and simmer for 30 minutes, stirring occasionally. Season to taste with salt and pepper.
- ☐ Let cool slightly and then transfer to a blender or food processor. Process until smooth. Use immediately or refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:75.25, Glycemic Load:8.94, Inflammation Score:-7, Nutrition Score:15.044347989818%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 225.47kcal (11.27%), Fat: 7.95g (12.23%), Saturated Fat: 2.5g (15.65%), Carbohydrates: 35.13g (11.71%), Net Carbohydrates: 30.15g (10.96%), Sugar: 25g (27.77%), Cholesterol: 11.88mg (3.96%), Sodium: 562.06mg (24.44%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.39%), Manganese: 0.69mg (34.72%), Vitamin B6: 0.55mg (27.5%), Vitamin C: 22.65mg (27.46%), Potassium: 948.9mg (27.11%), Copper: 0.48mg (24.19%), Iron: 3.95mg (21.92%), Fiber: 4.99g (19.95%), Magnesium: 77.16mg (19.29%), Vitamin E: 2.77mg (18.44%), Vitamin B3: 3.5mg (17.48%), Vitamin B1: 0.24mg (15.75%), Selenium: 8.99µg (12.84%), Phosphorus: 123.16mg (12.32%), Calcium: 119.03mg (11.9%), Vitamin K: 11.51µg (10.96%), Vitamin A: 502.7IU (10.05%), Folate: 35.57µg (8.89%), Vitamin B5: 0.85mg (8.49%), Vitamin B2: 0.14mg (8.27%), Zinc: 0.98mg (6.51%), Vitamin B12: 0.09µg (1.5%)