

Menny's Blueberry Barbecue Sauce



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



66 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 3 cups blueberries
- ☐ 0.5 teaspoon chili powder
- ☐ 2 tablespoons cider vinegar
- ☐ 0.5 inch ginger fresh grated
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cumin

- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 teaspoon juice of lemon
- ☐ 0.3 cup real maple syrup
- ☐ 2 tablespoons blackstrap molasses
- ☐ 2 teaspoons olive oil
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon paprika smoked
- ☐ 2 tablespoons worcestershire sauce

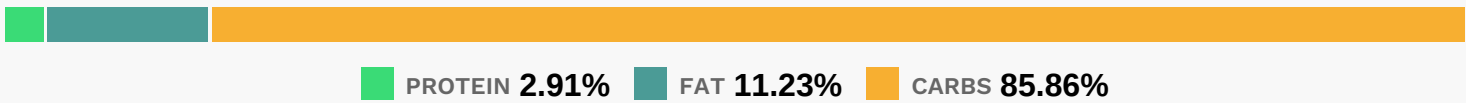
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Heat olive oil in a skillet over medium heat; cook and stir onion, garlic, and ginger until onion is softened, about 8 minutes.
- ☐ Add blueberries, maple syrup, cider vinegar, balsamic vinegar, Worcestershire sauce, molasses, lemon juice, cinnamon, cumin, chili powder, paprika, smoked paprika, salt, and black pepper; stir to combine. Simmer over medium-low heat until sauce is slightly reduced and bubbling, 5 to 7 minutes.
- ☐ Remove skillet from heat; cool slightly.
- ☐ Pour sauce into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until smooth.

Nutrition Facts



Properties

Glycemic Index:29.54, Glycemic Load:5.06, Inflammation Score:-3, Nutrition Score:3.4391304487767%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 66.31kcal (3.32%), Fat: 0.86g (1.33%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 14.86g (4.95%), Net Carbohydrates: 13.63g (4.96%), Sugar: 11.32g (12.58%), Cholesterol: 0mg (0%), Sodium: 138.87mg (6.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1.01%), Manganese: 0.4mg (19.83%), Vitamin K: 8.01µg (7.63%), Vitamin B2: 0.11mg (6.52%), Vitamin C: 4.98mg (6.03%), Fiber: 1.23g (4.91%), Potassium: 145.95mg (4.17%), Magnesium: 14.67mg (3.67%), Vitamin B6: 0.07mg (3.42%), Iron: 0.6mg (3.34%), Copper: 0.05mg (2.73%), Vitamin E: 0.4mg (2.66%), Calcium: 26.52mg (2.65%), Vitamin A: 131.04IU (2.62%), Vitamin B1: 0.03mg (1.91%), Phosphorus: 13.18mg (1.32%), Vitamin B3: 0.26mg (1.31%), Selenium: 0.84µg (1.2%), Zinc: 0.17mg (1.12%), Folate: 4.42µg (1.1%)