



Mole Barbecue Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



103 kcal

SAUCE

Ingredients

- 1 cup barbecue sauce
- 1 tablespoon cilantro leaves fresh chopped
- 1 tablespoon mole sauce
- 1 tablespoon juice of lime
- 0.3 cup water hot

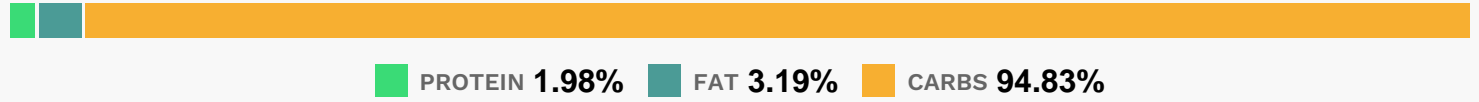
Equipment

- whisk

Directions

- Dissolve mole sauce in hot water, whisking until smooth.
- Whisk in barbecue sauce, lime juice, and chopped fresh cilantro.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.6300000107807%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 102.81kcal (5.14%), Fat: 0.37g (0.56%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 24.44g (8.15%), Net Carbohydrates: 23.91g (8.7%), Sugar: 19.73g (21.93%), Cholesterol: 0mg (0%), Sodium: 625.85mg (27.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Potassium: 136.63mg (3.9%), Manganese: 0.07mg (3.65%), Vitamin E: 0.47mg (3.11%), Vitamin A: 135.03IU (2.7%), Vitamin B6: 0.04mg (2.21%), Copper: 0.04mg (2.2%), Fiber: 0.53g (2.12%), Iron: 0.37mg (2.06%), Calcium: 19.7mg (1.97%), Magnesium: 7.82mg (1.95%), Vitamin B2: 0.03mg (1.92%), Vitamin B3: 0.35mg (1.73%), Vitamin C: 1.26mg (1.53%), Vitamin K: 1.3µg (1.23%), Phosphorus: 11.9mg (1.19%), Selenium: 0.75µg (1.07%)