



Orange Barbecue Sauce

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



5

CALORIES



160 kcal

SAUCE

Ingredients

- 0.3 cup grey poupon dijon mustard
- 0.5 cup a.1. bold & spicy sauce
- 0.3 cup onion finely chopped
- 0.8 cup orange marmalade

Equipment

Directions

- Mix all ingredients until well blended. Use as a basting sauce while grilling poultry, beef or pork.
- Store remaining sauce in tightly covered container in refrigerator for up to 2 weeks.

Nutrition Facts

PROTEIN 2.7% **FAT 3.13%** **CARBS 94.17%**

Properties

Glycemic Index:11.8, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:2.0273912847042%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 160.27kcal (8.01%), Fat: 0.59g (0.91%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 40.15g (13.38%), Net Carbohydrates: 38.96g (14.17%), Sugar: 34.84g (38.71%), Cholesterol: 0mg (0%), Sodium: 493.71mg (21.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Selenium: 5.97µg (8.53%), Fiber: 1.19g (4.74%), Manganese: 0.09mg (4.46%), Vitamin C: 2.96mg (3.59%), Calcium: 30.54mg (3.05%), Copper: 0.06mg (2.93%), Vitamin B1: 0.04mg (2.5%), Magnesium: 9.73mg (2.43%), Phosphorus: 22.17mg (2.22%), Iron: 0.35mg (1.96%), Folate: 7µg (1.75%), Potassium: 54.34mg (1.55%), Vitamin B6: 0.03mg (1.51%), Vitamin B2: 0.03mg (1.48%)