



Peach Barbecue Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



78 kcal

SAUCE

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 8 oz tomato sauce canned
- ☐ 1 teaspoon adobo sauce from a chipotle chiles canned
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 garlic clove chopped
- ☐ 0.5 teaspoon ground allspice
- ☐ 3 tablespoons brown sugar light packed
- ☐ 1.5 cups onion chopped

- ☐ 1 cup peaches fresh sliced
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons vegetable oil

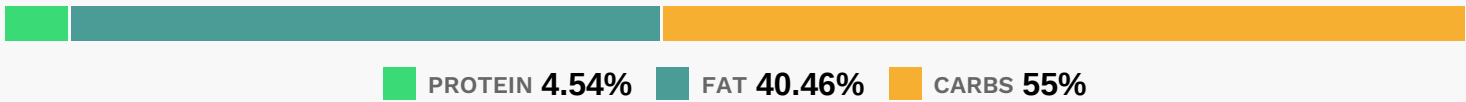
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat oil in a medium saucepan over medium heat. Stir in onion and cook until softened, about 5 minutes.
- ☐ Add garlic and cook just until fragrant, about 1 minute.
- ☐ Stir in tomato sauce, vinegar, sugar, adobo sauce, mustard, allspice, and salt. Bring mixture to a boil, reduce heat, and simmer 5 minutes.
- ☐ Add peaches and cook until starting to soften, 2 to 5 minutes.
- ☐ Transfer to a blender and pure until smooth.
- ☐ Serve sauce with your favorite grilled meats and grilled peach halves.

Nutrition Facts



Properties

Glycemic Index:24.66, Glycemic Load:1.84, Inflammation Score:-3, Nutrition Score:2.9704347952552%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg

Nutrients (% of daily need)

Calories: 77.55kcal (3.88%), Fat: 3.63g (5.58%), Saturated Fat: 0.55g (3.45%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 9.75g (3.55%), Sugar: 8.35g (9.27%), Cholesterol: 0mg (0%), Sodium: 285.24mg (12.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.83%), Vitamin K: 7.76µg (7.39%), Vitamin C: 5.17mg (6.26%), Manganese: 0.12mg (5.78%), Vitamin E: 0.84mg (5.6%), Fiber: 1.34g (5.35%), Potassium: 166.68mg (4.76%), Vitamin B6: 0.08mg (3.79%), Vitamin A: 186.89IU (3.74%), Copper: 0.06mg (3.24%), Iron: 0.49mg (2.73%), Magnesium: 10.3mg (2.57%), Vitamin B3: 0.49mg (2.44%), Folate: 9.71µg (2.43%), Phosphorus: 23.12mg (2.31%), Vitamin B2: 0.03mg (1.96%), Vitamin B1: 0.03mg (1.81%), Calcium: 17.82mg (1.78%), Vitamin B5: 0.16mg (1.63%), Selenium: 1.1µg (1.58%), Zinc: 0.18mg (1.17%)