



Peach Barbecue Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



66 kcal

SAUCE

Ingredients

- ☐ 2 cups beer
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 cup brown sugar packed
- ☐ 3 tablespoons cider vinegar
- ☐ 6 garlic cloves minced
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1.5 teaspoons ground coriander
- ☐ 2 teaspoons ground cumin

- ☐ 1 cup catsup
- ☐ 1 cup mustard prepared
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion chopped
- ☐ 3 cups peaches peeled chopped (4 large)
- ☐ 2 teaspoons pepper sauce hot
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons worcestershire sauce

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ kitchen towels

Directions

- ☐ Heat olive oil in a large saucepan over medium heat.
- ☐ Add onion; cook 5 minutes or until tender, stirring occasionally.
- ☐ Add peaches, black pepper, salt, and garlic; cook 1 minute, stirring frequently. Stir in beer and remaining ingredients, and bring to a boil. Reduce heat, and simmer, uncovered, 30 minutes.
- ☐ Place half of mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure lid on blender.
- ☐ Place a clean dish towel over opening in blender lid (to prevent spills). Process until smooth.
- ☐ Pour pureed mixture into a medium bowl. Repeat procedure with remaining mixture.
- ☐ Note: Refrigerate sauce in an airtight container for up to 10 days.

Nutrition Facts



Properties

Glycemic Index:12.59, Glycemic Load:1.53, Inflammation Score:-3, Nutrition Score:2.9617391286985%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 65.68kcal (3.28%), Fat: 1.29g (1.98%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 11.84g (3.95%), Net Carbohydrates: 10.58g (3.85%), Sugar: 8.05g (8.94%), Cholesterol: 0mg (0%), Sodium: 342.49mg (14.89%), Alcohol: 0.92g (100%), Alcohol %: 1.26% (100%), Protein: 1.23g (2.47%), Selenium: 5.23µg (7.47%), Manganese: 0.14mg (7.23%), Fiber: 1.26g (5.06%), Vitamin C: 3.23mg (3.91%), Potassium: 134.49mg (3.84%), Iron: 0.65mg (3.63%), Vitamin B6: 0.07mg (3.63%), Magnesium: 14.24mg (3.56%), Vitamin E: 0.5mg (3.34%), Phosphorus: 32.95mg (3.29%), Vitamin A: 151.18IU (3.02%), Vitamin B3: 0.6mg (2.99%), Vitamin B2: 0.05mg (2.9%), Vitamin B1: 0.04mg (2.8%), Copper: 0.06mg (2.78%), Calcium: 23.85mg (2.39%), Vitamin K: 1.93µg (1.84%), Folate: 7.29µg (1.82%), Zinc: 0.21mg (1.4%), Vitamin B5: 0.11mg (1.14%)