



Peach-Jalapeno Barbeque Sauce



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



16

CALORIES



40 kcal

SAUCE

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup jalapeño peppers diced canned
- ☐ 1 cup catsup
- ☐ 2 teaspoons liquid smoke flavoring
- ☐ 1 teaspoon ground mustard

- ☐ 1 teaspoon olive oil
- ☐ 1 teaspoon onion powder
- ☐ 15 ounce peaches drained sliced canned
- ☐ 3 tablespoons worcestershire sauce

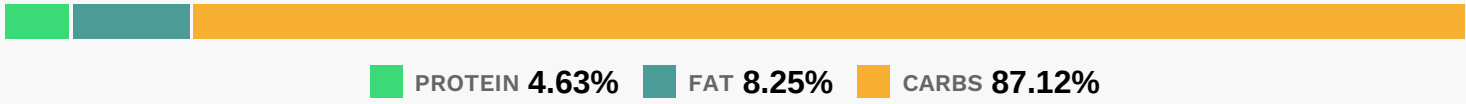
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Heat olive oil in a skillet over medium heat; cook and stir garlic until fragrant and lightly browned, 3 to 5 minutes.
- ☐ Blend garlic, peaches, ketchup, vinegar, jalapeno peppers, Worcestershire sauce, brown sugar, liquid smoke flavoring, onion powder, mustard powder, and black pepper in a blender until smooth.

Nutrition Facts



Properties

Glycemic Index:10.89, Glycemic Load:1, Inflammation Score:-2, Nutrition Score:1.8339130567468%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 39.83kcal (1.99%), Fat: 0.39g (0.6%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 9.34g (3.11%), Net Carbohydrates: 8.8g (3.2%), Sugar: 7.29g (8.1%), Cholesterol: 0mg (0%), Sodium: 183.19mg (7.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (0.99%), Vitamin C: 3.98mg (4.83%), Vitamin A: 181.7IU (3.63%), Vitamin E: 0.51mg (3.4%), Potassium: 113.28mg (3.24%), Manganese: 0.06mg (3.19%), Vitamin B3: 0.48mg (2.41%), Vitamin B2: 0.04mg (2.32%), Copper: 0.05mg (2.27%), Vitamin B6: 0.04mg (2.23%), Fiber: 0.54g (2.17%), Iron: 0.37mg (2.03%), Vitamin K: 1.81µg (1.73%), Selenium: 1.06µg (1.51%), Phosphorus: 14.69mg (1.47%), Magnesium: 5.86mg (1.46%), Calcium: 10.4mg (1.04%)