



Peach-Mustard BBQ Sauce

READY IN



18 min.

SERVINGS



5

CALORIES



237 kcal

SAUCE

Ingredients

- 1 tablespoon bourbon
- 3 tablespoons cider vinegar
- 0.3 cup dijon mustard
- 2 cloves garlic minced
- 0.8 cup peach jam
- 0.5 teaspoon kosher salt
- 2 tablespoons onion minced
- 3 tablespoons butter unsalted
- 0.5 cup whole-grain mustard

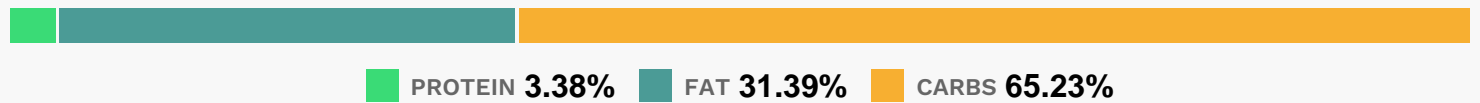
Equipment

- frying pan
- sauce pan
- whisk

Directions

- Melt the butter in a saucepan over medium heat.
- Add the onion and garlic and cook until translucent, about 3 minutes.
- Add the vinegar and boil until almost completely reduced and the mixture looks like wet sand, about 4 minutes.
- Whisk in both mustards and the jam or preserves. Simmer, whisking, until jam melts, about 1 minute.
- Remove the pan from the heat and stir in the bourbon and salt.

Nutrition Facts



Properties

Glycemic Index:46.2, Glycemic Load:19.36, Inflammation Score:-3, Nutrition Score:4.4839130555806%

Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 237kcal (11.85%), Fat: 8.12g (12.49%), Saturated Fat: 4.42g (27.61%), Carbohydrates: 37.98g (12.66%), Net Carbohydrates: 35.72g (12.99%), Sugar: 25.49g (28.32%), Cholesterol: 18.06mg (6.02%), Sodium: 661.49mg (28.76%), Alcohol: 1g (100%), Alcohol %: 1.11% (100%), Protein: 1.97g (3.94%), Selenium: 14µg (20%), Manganese: 0.23mg (11.26%), Fiber: 2.26g (9.04%), Vitamin C: 5.31mg (6.43%), Phosphorus: 55.88mg (5.59%), Vitamin B1: 0.08mg (5.57%), Magnesium: 21.29mg (5.32%), Iron: 0.9mg (4.97%), Vitamin A: 236.62IU (4.73%), Copper: 0.09mg (4.33%), Vitamin B2: 0.07mg (4.05%), Calcium: 39.61mg (3.96%), Potassium: 114.64mg (3.28%), Vitamin B6: 0.06mg (2.8%), Vitamin E: 0.39mg (2.59%), Folate: 9.27µg (2.32%), Zinc: 0.3mg (2.02%), Vitamin B5: 0.14mg

(1.44%), Vitamin B3: 0.24mg (1.22%), Vitamin K: 1.18µg (1.13%)