



Peach Rib Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

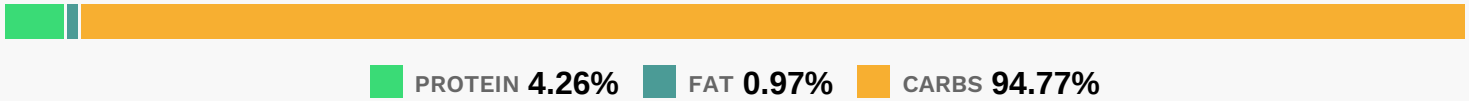
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 cup catsup
- ☐ 6 ounce peach baby food
- ☐ 2 tablespoons soya sauce
- ☐ 0.3 cup vinegar white

Equipment

Directions

- ☐ Stir together all ingredients; place in an airtight 2-cup jar, and chill up to 2 weeks. Use as a grilling or basting sauce for pork chops, ribs, or chicken. Prep: 10 min.
- ☐ *1 tablespoon garlic powder may be substituted.

Nutrition Facts



Properties

Glycemic Index:22.54, Glycemic Load:1.12, Inflammation Score:-2, Nutrition Score:2.3008695529855%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epigallocatechin: 0.29mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 103.8kcal (5.19%), Fat: 0.12g (0.18%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 24.83g (9.03%), Sugar: 23.13g (25.7%), Cholesterol: 0mg (0%), Sodium: 465.46mg (20.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.29%), Manganese: 0.21mg (10.38%), Vitamin B3: 0.72mg (3.58%), Potassium: 117.85mg (3.37%), Vitamin A: 161.01IU (3.22%), Vitamin B6: 0.06mg (3.11%), Iron: 0.5mg (2.8%), Copper: 0.06mg (2.78%), Vitamin E: 0.4mg (2.68%), Vitamin C: 2.02mg (2.45%), Vitamin B2: 0.04mg (2.45%), Fiber: 0.58g (2.32%), Magnesium: 9.16mg (2.29%), Calcium: 22.59mg (2.26%), Phosphorus: 20.89mg (2.09%), Selenium: 1.36µg (1.94%), Vitamin K: 1.27µg (1.21%), Folate: 4.24µg (1.06%), Vitamin B5: 0.1mg (1.04%)