



Peachy Barbecue Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



45 kcal

SAUCE

Ingredients

- 1.5 teaspoons pepper black freshly ground
- 0.3 cup chili sauce
- 2 tablespoons apple cider vinegar
- 2 teaspoons dijon mustard
- 1 tablespoon ginger fresh minced peeled
- 0.1 teaspoon ground cloves
- 1 tablespoon soy sauce low-sodium
- 1 cup peach preserves

- 3 tablespoons shallots finely chopped
- 1 cup vegetable stock organic (such as Swanson Certified)

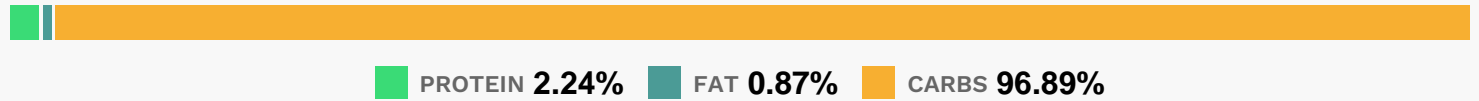
Equipment

- sauce pan

Directions

- Combine broth, preserves, chili sauce, shallots, ginger, vinegar, soy sauce, and remaining ingredients in a medium saucepan; bring to a boil. Reduce heat, and simmer 20 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:10.38, Glycemic Load:5.42, Inflammation Score:-1, Nutrition Score:0.68826086956522%

Nutrients (% of daily need)

Calories: 44.86kcal (2.24%), Fat: 0.04g (0.07%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 10.87g (3.62%), Net Carbohydrates: 10.54g (3.83%), Sugar: 7.45g (8.28%), Cholesterol: 0mg (0%), Sodium: 110.69mg (4.81%), Protein: 0.25g (0.5%), Vitamin C: 1.82mg (2.2%), Manganese: 0.04mg (1.99%), Fiber: 0.33g (1.31%), Copper: 0.02mg (1.1%)