



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 bottled chili sauce
- ☐ 2 tablespoons cider vinegar
- ☐ 2 teaspoons dijon mustard
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 0.1 teaspoon ground cloves
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1 cup peach preserves

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

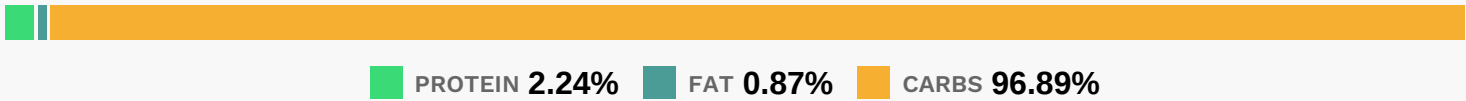
Equipment

- ☐ 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:0.68826086592415%

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%), Alcohol: 0g (100%), Alcohol %: 0% (100%), 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%)