



## Plum Barbecue Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



41 kcal

SAUCE

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 teaspoons dijon mustard
- 0.3 teaspoon ground pepper red
- 1 cup catsup
- 0.3 cup maple syrup
- 1.8 cups plums chopped ( 6)
- 2.5 tablespoons red wine vinegar
- 0.3 cup shallots finely chopped

1 teaspoon paprika smoked

## Equipment

food processor

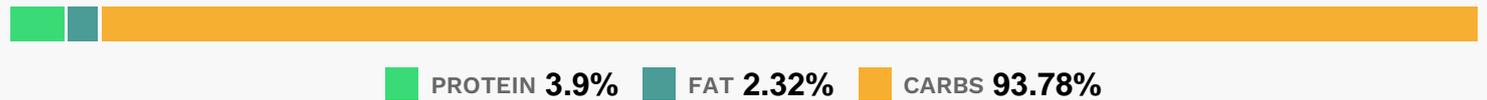
sauce pan

## Directions

Bring plums, ketchup, shallots, and remaining ingredients to a boil in a medium saucepan. Cover, reduce heat, and simmer 5 minutes. Uncover and cook 15 minutes or until thick, stirring occasionally. Cool 10 minutes.

Place mixture in a food processor; process until smooth. Refrigerate in an airtight container for up to 2 weeks.

## Nutrition Facts



## Properties

Glycemic Index:13.51, Glycemic Load:2.1, Inflammation Score:-2, Nutrition Score:1.9052173715571%

## Flavonoids

Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 41.13kcal (2.06%), Fat: 0.11g (0.18%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 10.34g (3.45%), Net Carbohydrates: 9.83g (3.58%), Sugar: 8.32g (9.24%), Cholesterol: 0mg (0%), Sodium: 144.12mg (6.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.86%), Manganese: 0.17mg (8.25%), Vitamin B2: 0.1mg (5.68%), Vitamin A: 214.72IU (4.29%), Vitamin C: 2.66mg (3.23%), Potassium: 100.31mg (2.87%), Vitamin B6: 0.05mg (2.29%), Vitamin E: 0.32mg (2.11%), Fiber: 0.51g (2.04%), Vitamin K: 1.87µg (1.78%), Vitamin B3: 0.32mg (1.6%), Magnesium: 5.82mg (1.45%), Copper: 0.03mg (1.44%), Calcium: 11.33mg (1.13%), Phosphorus: 10.45mg (1.05%), Iron: 0.19mg

(1.05%)