



## Plum Chipotle Sauce

 Vegetarian  Gluten Free

READY IN



280 min.

SERVINGS



80

CALORIES



88 kcal

SAUCE

### Ingredients

- 0.5 cup apple cider vinegar
- 2 tablespoons southwest chipotle seasoning
- 4 cloves garlic pressed
- 8 half-pint canning jars with lids and rings
- 1 jalapeno finely chopped for milder flavor if desired (remove seeds )
- 1 teaspoon liquid smoke flavoring
- 1 onion finely chopped
- 5 quarts plums or as needed pitted very ripe

- 1 tablespoon roasted garlic seasoning
- 7 teaspoons salt
- 6 cups sugar white

## Equipment

- bowl
- paper towels
- sauce pan
- knife
- pot
- spatula
- colander

## Directions

- Place the plums, a few at a time, into a colander set over a large bowl. With gloved hands, squeeze the plums in the colander, forcing the juice through the holes of the colander. Discard spent pulp, and repeat to produce 8 cups of plum juice.
- Pour 3/4 cup of plum juice into a small saucepan with garlic and onion, place over medium heat, and bring to a boil. Reduce heat to medium-low, and simmer until the onion is translucent, about 5 minutes.
- Pour the juice-onion mixture into a large pot, and add the remaining 7 1/2 cups of plum juice. Stir in the sugar, apple cider vinegar, Southwest chipotle seasoning, roasted garlic seasoning, jalapeno pepper, salt, and liquid smoke flavoring until the sugar and salt have dissolved. Bring the mixture to a boil over medium heat, reduce heat to a simmer, and cook the sauce down until thickened, about 1 1/2 hours. Stir frequently to prevent burning.
- Sterilize the jars and lids in boiling water for at least 5 minutes. Pack the sauce into the hot, sterilized jars, filling the jars to within 1/4 inch of the top. Run a knife or a thin spatula around the insides of the jars after they have been filled to remove any air bubbles. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids, and screw on rings.
- Place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil over high heat, then carefully lower the jars into the pot using a holder. Leave a 2 inch space

between the jars.

Pour in more boiling water if necessary until the water level is at least 1 inch above the tops of the jars. Bring the water to a full boil, cover the pot, and process for 10 minutes.

Remove the jars from the stockpot and place onto a cloth-covered or wood surface, several inches apart, until cool. Once cool, press the top of each lid with a finger, ensuring that the seal is tight (lid does not move up or down at all). Store in a cool, dark area.

## Nutrition Facts

 **PROTEIN 2.1%**  **FAT 2.37%**  **CARBS 95.53%**

### Properties

Glycemic Index:3.35, Glycemic Load:12.82, Inflammation Score:-2, Nutrition Score:1.6104347932598%

### Flavonoids

Cyanidin: 3.33mg, Cyanidin: 3.33mg, Cyanidin: 3.33mg, Cyanidin: 3.33mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.89mg, Epicatechin: 1.89mg, Epicatechin: 1.89mg, Epicatechin: 1.89mg Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

### Nutrients (% of daily need)

Calories: 87.59kcal (4.38%), Fat: 0.24g (0.38%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 22.18g (7.39%), Net Carbohydrates: 21.22g (7.71%), Sugar: 21.07g (23.41%), Cholesterol: 0.04mg (0.01%), Sodium: 204.32mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.97%), Vitamin C: 6.01mg (7.28%), Vitamin A: 206.35IU (4.13%), Fiber: 0.97g (3.87%), Vitamin K: 3.83µg (3.65%), Potassium: 97.87mg (2.8%), Manganese: 0.04mg (2.09%), Copper: 0.04mg (1.82%), Vitamin B3: 0.25mg (1.26%), Vitamin B1: 0.02mg (1.19%), Vitamin B2: 0.02mg (1.13%), Vitamin B6: 0.02mg (1.13%), Magnesium: 4.46mg (1.11%), Vitamin E: 0.16mg (1.07%), Phosphorus: 10.5mg (1.05%)