



Pomegranate Molasses Barbecue Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



1

CALORIES



323 kcal

SAUCE

Ingredients

- 1 clove garlic minced
- 0.3 teaspoon ground paprika
- 0.3 teaspoon coarsely ground pepper black
- 2 tablespoons honey
- 2 tablespoons catsup
- 1 teaspoon smooth mustard
- 2 tablespoons pomegranate molasses
- 0.3 teaspoon sea salt

1.5 tablespoons soya sauce dark

1 tablespoon sunflower seed oil

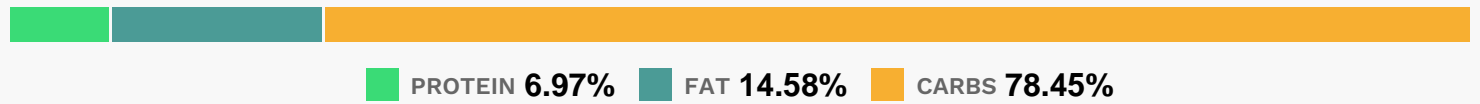
Equipment

bowl

Directions

In a bowl, stir together the soy sauce, ketchup, pomegranate molasses, honey, sunflower seed oil, mustard, garlic, sea salt, black pepper, and paprika to make a smooth paste.

Nutrition Facts



Properties

Glycemic Index:196.27, Glycemic Load:18.84, Inflammation Score:-5, Nutrition Score:9.243043453797%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 322.77kcal (16.14%), Fat: 5.47g (8.41%), Saturated Fat: 0.49g (3.03%), Carbohydrates: 66.18g (22.06%), Net Carbohydrates: 64.35g (23.4%), Sugar: 55.75g (61.94%), Cholesterol: 0mg (0%), Sodium: 2420.22mg (105.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.76%), Vitamin E: 4.13mg (27.5%), Manganese: 0.54mg (26.86%), Vitamin B6: 0.3mg (14.94%), Copper: 0.28mg (14.02%), Magnesium: 52.95mg (13.24%), Vitamin B3: 2.49mg (12.43%), Vitamin B1: 0.18mg (12.32%), Phosphorus: 122.93mg (12.29%), Selenium: 8.25µg (11.78%), Iron: 1.74mg (9.66%), Vitamin B2: 0.16mg (9.17%), Vitamin A: 411.73IU (8.23%), Folate: 31.87µg (7.97%), Potassium: 265.58mg (7.59%), Fiber: 1.83g (7.32%), Zinc: 0.86mg (5.7%), Calcium: 32.52mg (3.25%), Vitamin B5: 0.31mg (3.1%), Vitamin C: 2.54mg (3.08%), Vitamin K: 2.25µg (2.14%)