



Quick Asian Barbecue Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



54 kcal

SAUCE

Ingredients



0.5 cup barbecue sauce



2 tablespoons soya sauce



1 teaspoon asian sriracha chili sauce hot

Equipment

Directions



Stir together all ingredients.

Nutrition Facts



PROTEIN 7.37% FAT 3.17% CARBS 89.46%

Properties

Glycemic Index:3, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.2265217239442%

Nutrients (% of daily need)

Calories: 53.6kcal (2.68%), Fat: 0.19g (0.29%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 12.08g (4.03%), Net Carbohydrates: 11.77g (4.28%), Sugar: 9.63g (10.7%), Cholesterol: 0mg (0%), Sodium: 717.92mg (31.21%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1g (1.99%), Manganese: 0.07mg (3.62%), Potassium: 82.77mg (2.36%), Vitamin B3: 0.46mg (2.29%), Iron: 0.36mg (1.99%), Vitamin B6: 0.04mg (1.86%), Magnesium: 6.64mg (1.66%), Vitamin B2: 0.03mg (1.62%), Vitamin E: 0.23mg (1.53%), Copper: 0.03mg (1.53%), Phosphorus: 15.17mg (1.52%), Vitamin A: 65.36IU (1.31%), Fiber: 0.32g (1.27%), Calcium: 10.94mg (1.09%)