



Raspberry-Barbecue Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



12 min.

SERVINGS



5

CALORIES



195 kcal

SAUCE

Ingredients

- ☐ 0.3 cup bottled barbecue sauce
- ☐ 2 tablespoons dijon mustard
- ☐ 1.5 teaspoons hot sauce
- ☐ 10 ounce raspberry preserves seedless
- ☐ 2 tablespoons raspberry vinegar

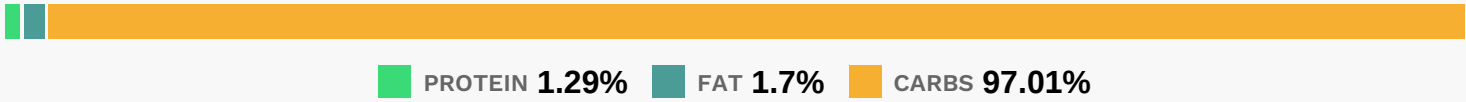
Equipment

- ☐ sauce pan

Directions

- ☐ Bring first 4 ingredients to a boil in a small saucepan. Reduce heat to medium, and cook 2 minutes or until slightly thickened. Stir in hot sauce.
- ☐ Note: For testing purposes only, we used KC Masterpiece Original Barbecue Sauce.
- ☐ Honey Mustard: Stir together 1 cup mayonnaise, 3 tablespoons Creole mustard, and 2 tablespoons honey. Makes about 1 1/4 cups. Prep: 5 min.
- ☐ Simple Creole Sauce: Stir together 1 1/2 cups mayonnaise, 3 tablespoons Creole mustard, and 1 finely chopped green onion. Makes about 1 2/3 cups. Prep: 5 min.
- ☐ Horseradish Sauce: Stir together 1 cup mayonnaise, 1 tablespoon cream-style horseradish, and 1 tablespoon Creole mustard. Makes about 1 cup. Prep: 5 min.

Nutrition Facts



Properties

Glycemic Index:25.4, Glycemic Load:21.18, Inflammation Score:-1, Nutrition Score:2.1930435040723%

Nutrients (% of daily need)

Calories: 195.47kcal (9.77%), Fat: 0.37g (0.56%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 47.24g (15.75%), Net Carbohydrates: 46.18g (16.79%), Sugar: 33.95g (37.73%), Cholesterol: 0mg (0%), Sodium: 312.55mg (13.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.25%), Vitamin C: 6.03mg (7.3%), Selenium: 3.43µg (4.9%), Manganese: 0.09mg (4.36%), Fiber: 1.06g (4.23%), Copper: 0.08mg (3.78%), Vitamin B2: 0.06mg (3.45%), Potassium: 103mg (2.94%), Iron: 0.51mg (2.85%), Calcium: 21.93mg (2.19%), Phosphorus: 21.68mg (2.17%), Magnesium: 7.99mg (2%), Folate: 7.11µg (1.78%), Vitamin B1: 0.03mg (1.68%), Vitamin E: 0.24mg (1.62%), Vitamin B6: 0.03mg (1.58%)