



Roasted Apple BBQ Sauce



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



218 kcal

SAUCE

Ingredients

- ☐ 2 large opal apples cored peeled cut into 1 inch pieces
- ☐ 1 cup apple bbq sauce
- ☐ 2 tablespoons brown sugar
- ☐ 1 chipotle chili in adobo chopped
- ☐ 2 tablespoons cider vinegar
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 teaspoon dijon mustard
- ☐ 2 cloves garlic grated

- ☐ 0.5 cup catsup
- ☐ 2 tablespoons maple syrup
- ☐ 2 teaspoons oil
- ☐ 0.3 cup onion grated
- ☐ 1 pound pork tenderloin sliced into medallions
- ☐ 2 tablespoons soya sauce
- ☐ 1 teaspoon worcestershire sauce

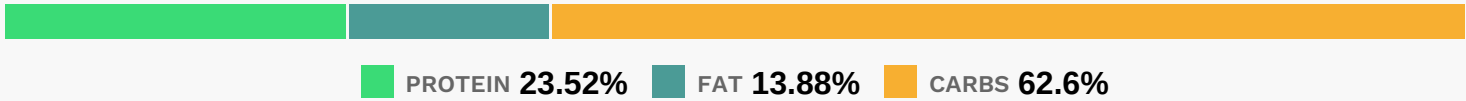
Equipment

- ☐ food processor
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ grill

Directions

- ☐ Toss the apple in the oil and place in a single layer on a baking pan and roast in a preheated 400F oven until they start to caramelize, about 20 minutes.Bring everything to a boil, reduce the heat, simmer for 15 minutes, remove from heat and puree in a blender or food processor.Marinate the pork in the fridge overnight.Grill over medium-high heat until they get a bit charred with grill marks, about 3-5 minutes per side, let sit for a few minutes and enjoy!

Nutrition Facts



Properties

Glycemic Index:27.19, Glycemic Load:3.49, Inflammation Score:-3, Nutrition Score:10.775652014691%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg

Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 218.16kcal (10.91%), Fat: 3.41g (5.25%), Saturated Fat: 0.79g (4.97%), Carbohydrates: 34.59g (11.53%), Net Carbohydrates: 32.41g (11.78%), Sugar: 27.53g (30.59%), Cholesterol: 36.85mg (12.28%), Sodium: 804.88mg (34.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13g (26%), Vitamin B1: 0.59mg (39.17%), Vitamin B6: 0.53mg (26.66%), Selenium: 18.18µg (25.97%), Vitamin B3: 4.43mg (22.17%), Vitamin B2: 0.32mg (19.08%), Phosphorus: 165.03mg (16.5%), Manganese: 0.28mg (13.97%), Potassium: 452.87mg (12.94%), Fiber: 2.18g (8.74%), Zinc: 1.25mg (8.34%), Magnesium: 29.16mg (7.29%), Iron: 1.12mg (6.24%), Vitamin B5: 0.61mg (6.08%), Vitamin E: 0.91mg (6.08%), Copper: 0.12mg (5.92%), Vitamin C: 4.1mg (4.97%), Vitamin B12: 0.29µg (4.91%), Vitamin A: 189.84IU (3.8%), Calcium: 34.85mg (3.49%), Vitamin K: 3.12µg (2.97%), Folate: 5.66µg (1.42%), Vitamin D: 0.17µg (1.13%)