



Roasted Strawberry BBQ Sauce



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



311 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 chipotle chili in adobo chopped
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon garlic grated
- ☐ 1 tablespoon ginger grated
- ☐ 0.5 cup catsup
- ☐ 2 tablespoons maple syrup

- ☐ 2 tablespoons soya sauce
- ☐ 4 cups strawberries hulled (if they are large cut them in half)
- ☐ 2 tablespoons strawberry preserves/jam
- ☐ 1 teaspoon worcestershire sauce

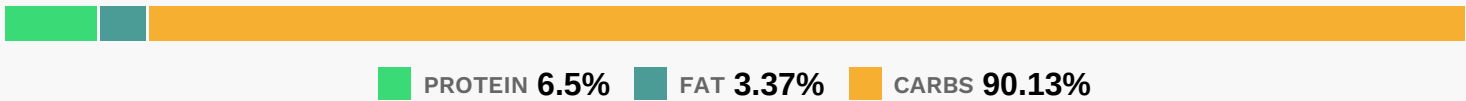
Equipment

- ☐ food processor
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ immersion blender

Directions

- ☐ Place the strawberries in a single layer on a baking pan lined with foil folded up on the sides to capture the juices and roast in a preheated 425F oven until they start to caramelize, about 15–20 minutes. Bring everything except the cilantro to a boil, reduce the heat, simmer for 15 minutes, remove from heat, mix in the cilantro and puree in a food processor or blender or using an immersion blender.

Nutrition Facts



Properties

Glycemic Index:152.75, Glycemic Load:20.88, Inflammation Score:-8, Nutrition Score:19.130434554556%

Flavonoids

Cyanidin: 4.84mg, Cyanidin: 4.84mg, Cyanidin: 4.84mg, Cyanidin: 4.84mg Petunidin: 0.32mg, Petunidin: 0.32mg, Petunidin: 0.32mg, Petunidin: 0.32mg Delphinidin: 0.89mg, Delphinidin: 0.89mg, Delphinidin: 0.89mg, Delphinidin: 0.89mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 71.57mg, Pelargonidin: 71.57mg, Pelargonidin: 71.57mg, Pelargonidin: 71.57mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 8.96mg, Catechin: 8.96mg, Catechin: 8.96mg, Catechin: 8.96mg Epigallocatechin: 2.25mg, Epigallocatechin: 2.25mg, Epigallocatechin: 2.25mg, Epigallocatechin: 2.25mg

Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg Epicatechin 3–gallate: 0.43mg, Epicatechin 3–gallate: 0.43mg, Epicatechin 3–gallate: 0.43mg, Epicatechin 3–gallate: 0.43mg Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 311.44kcal (15.57%), Fat: 1.24g (1.91%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 74.66g (24.89%), Net Carbohydrates: 67.08g (24.39%), Sugar: 53.13g (59.04%), Cholesterol: 0mg (0%), Sodium: 1635.27mg (71.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.76%), Vitamin C: 175.49mg (212.72%), Manganese: 1.84mg (91.84%), Fiber: 7.58g (30.31%), Vitamin B2: 0.47mg (27.72%), Potassium: 786.12mg (22.46%), Folate: 81.13µg (20.28%), Vitamin B6: 0.33mg (16.38%), Magnesium: 63.56mg (15.89%), Vitamin B3: 2.8mg (13.99%), Copper: 0.27mg (13.32%), Iron: 2.35mg (13.05%), Phosphorus: 126.96mg (12.7%), Vitamin E: 1.77mg (11.79%), Calcium: 101.65mg (10.17%), Vitamin K: 9.52µg (9.06%), Vitamin B1: 0.12mg (7.91%), Vitamin A: 373.86IU (7.48%), Zinc: 0.83mg (5.53%), Selenium: 3.58µg (5.11%), Vitamin B5: 0.5mg (5.01%)