



Rockin' Baby Back Ribs Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



345 min.

SERVINGS



8

CALORIES



337 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups firmly brown sugar packed
- ☐ 0.5 cup cooking sherry dry
- ☐ 1 tablespoon garlic powder
- ☐ 2 teaspoons juice of lemon
- ☐ 1 teaspoon liquid smoke flavoring
- ☐ 1 tablespoon onion powder
- ☐ 6 ounce tomato paste canned
- ☐ 6 pounds watermelon seedless

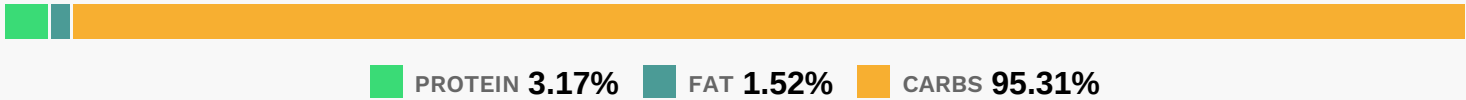
Equipment

- ☐ sauce pan

Directions

- ☐ Cut the melon flesh into chunks, and discard the rind.
- ☐ Place the chunks in a large saucepan over medium heat for 2 to 3 hours, stirring occasionally, or until the melon is the consistency of applesauce.
- ☐ Stir in the tomato paste, onion powder, garlic powder, brown sugar, sherry, lemon juice, and liquid smoke. Reduce heat to low, and simmer uncovered for 2 hours. Allow mixture to cool to room temperature before using.

Nutrition Facts



Properties

Glycemic Index:16.58, Glycemic Load:18.69, Inflammation Score:-8, Nutrition Score:9.2434782567232%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 336.73kcal (16.84%), Fat: 0.59g (0.91%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 83.09g (27.7%), Net Carbohydrates: 81.09g (29.49%), Sugar: 75.64g (84.04%), Cholesterol: 0mg (0%), Sodium: 50.26mg (2.19%), Alcohol: 1.54g (100%), Alcohol %: 0.45% (100%), Protein: 2.76g (5.52%), Vitamin A: 1981.49IU (39.63%), Vitamin C: 30.21mg (36.62%), Potassium: 548.95mg (15.68%), Manganese: 0.24mg (12.11%), Vitamin B6: 0.24mg (11.92%), Magnesium: 46.56mg (11.64%), Copper: 0.22mg (10.95%), Vitamin B1: 0.14mg (9.17%), Vitamin B5: 0.91mg (9.06%), Iron: 1.62mg (8.97%), Calcium: 82.27mg (8.23%), Fiber: 1.99g (7.97%), Phosphorus: 56.18mg (5.62%), Vitamin B2: 0.09mg (5.12%), Vitamin B3: 0.95mg (4.77%), Folate: 14.95µg (3.74%), Selenium: 2.53µg (3.61%), Zinc: 0.5mg (3.32%), Vitamin E: 0.45mg (2.98%), Vitamin K: 1.57µg (1.49%)