



Smoker Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



418 kcal

SAUCE

Ingredients

- ☐ 18 ounce barbeque sauce
- ☐ 0.8 cup brown sugar packed
- ☐ 1 tablespoon garlic crushed
- ☐ 1 teaspoon ground ginger
- ☐ 1 tablespoon coarsely ground pepper black
- ☐ 8 ounce salsa
- ☐ 4 servings salt to taste
- ☐ 0.5 cup soya sauce

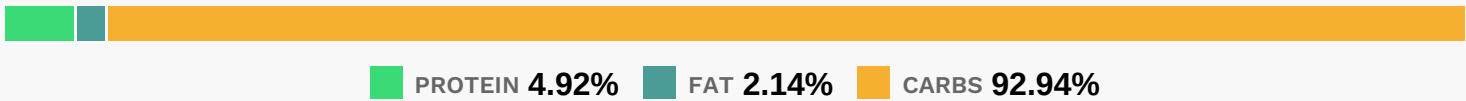
Equipment

☐ bowl

Directions

☐ In a large bowl, stir together the barbeque sauce, salsa, soy sauce, brown sugar, ginger, garlic, ground black pepper, and salt. Store in a jar in the refrigerator until ready to use. Use as a marinade or a basting sauce when smoking meats or fish.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:9.2695652920267%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 418.44kcal (20.92%), Fat: 1.02g (1.57%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 99.93g (33.31%), Net Carbohydrates: 97.04g (35.29%), Sugar: 85.07g (94.52%), Cholesterol: 0mg (0%), Sodium: 3512mg (152.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.58%), Manganese: 0.79mg (39.38%), Potassium: 593.19mg (16.95%), Vitamin B6: 0.3mg (15.13%), Vitamin B3: 2.67mg (13.34%), Iron: 2.32mg (12.88%), Fiber: 2.89g (11.57%), Vitamin E: 1.73mg (11.53%), Vitamin A: 566.45IU (11.33%), Magnesium: 44.54mg (11.14%), Calcium: 108.97mg (10.9%), Copper: 0.22mg (10.79%), Phosphorus: 89.28mg (8.93%), Vitamin B2: 0.14mg (8.2%), Vitamin K: 7.17µg (6.83%), Vitamin B5: 0.52mg (5.23%), Selenium: 3.53µg (5.05%), Vitamin B1: 0.07mg (4.81%), Zinc: 0.53mg (3.51%), Vitamin C: 2.47mg (2.99%), Folate: 10.83µg (2.71%)