



Smoky Barbecue Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



127 kcal

SAUCE

Ingredients

- ☐ 4 Tbsp butter (can substitute vegetable oil)
- ☐ 0.5 onion grated
- ☐ 15 ounce canned tomatoes crushed canned
- ☐ 0.5 cup cider vinegar
- ☐ 2 Tbsp brown sugar
- ☐ 0.3 cup blackstrap molasses
- ☐ 1 chipotle chiles in adobo hot (depending on how you want your bbq sauce)
- ☐ 1 teaspoon liquid smoke

- ☐ 1 Tbsp sage fresh finely chopped
- ☐ 8 servings salt to taste

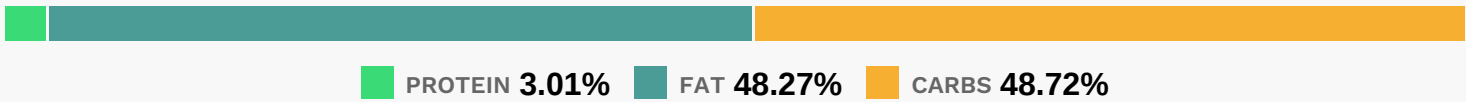
Equipment

- ☐ pot

Directions

- ☐ Sauté the grated onion in butter:
- ☐ Heat the butter in a heavy pot over medium-high heat until it froths (or heat vegetable oil until hot), then add the grated onion.
- ☐ Sprinkle a little salt over the onion. Sauté until the onion just begins to color, about 4-5 minutes.
- ☐ Mince the chipotle chile: While the onions are cooking, finely chop the chipotle chiles in adobo. They are hot, so start with one chile. You can add as many more as you want later.
- ☐ Add chipotle and remaining ingredients to the onions:
- ☐ Add the chipotle to with the onions, then add the tomatoes, vinegar, molasses, sugar, liquid smoke, and chopped sage. Stir to combine and let this simmer for 5 minutes. Taste it and add salt and more chipotle if you want.
- ☐ Simmer 1 hour: Simmer the sauce gently, uncovered, for 1 hour. Before serving, taste one more time for salt and chile.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:4.75, Inflammation Score:-3, Nutrition Score:9.4204346874486%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 127.29kcal (6.36%), Fat: 7g (10.78%), Saturated Fat: 1.08g (6.78%), Carbohydrates: 15.91g (5.3%), Net Carbohydrates: 14.54g (5.29%), Sugar: 13.59g (15.1%), Cholesterol: 0mg (0%), Sodium: 271.16mg (11.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.97%), Copper: 2.43mg (121.32%), Manganese: 0.38mg (19.07%), Vitamin K: 15.35µg (14.62%), Magnesium: 39.1mg (9.78%), Potassium: 337.67mg (9.65%), Vitamin E: 1.22mg (8.15%), Vitamin B6: 0.16mg (7.99%), Iron: 1.39mg (7.7%), Vitamin C: 5.4mg (6.54%), Fiber: 1.37g (5.47%), Calcium: 49.81mg (4.98%), Vitamin B3: 0.76mg (3.79%), Vitamin B1: 0.05mg (3.3%), Selenium: 2.28µg (3.26%), Vitamin B5: 0.24mg (2.45%), Phosphorus: 23.86mg (2.39%), Vitamin A: 114.52IU (2.29%), Folate: 8.25µg (2.06%), Vitamin B2: 0.03mg (1.8%), Zinc: 0.21mg (1.38%)