



Smoky Chipotle 'Cue Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



187 kcal

SAUCE

Ingredients

- ☐ 36 ounce barbecue sauce
- ☐ 2 tablespoons brown sugar
- ☐ 2 chipotles in adobo canned
- ☐ 1 teaspoon chili powder

Equipment

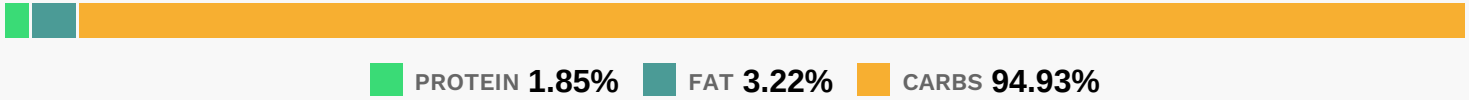
- ☐ sauce pan
- ☐ blender

Directions

- ☐
- Process barbecue sauce, chipotle chile peppers, brown sugar, and chili powder in blender until smooth.

☐☐

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.9713043596434%

Nutrients (% of daily need)

Calories: 187.22kcal (9.36%), Fat: 0.67g (1.03%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 44.59g (14.86%), Net Carbohydrates: 43.31g (15.75%), Sugar: 36.43g (40.47%), Cholesterol: 0mg (0%), Sodium: 1055.18mg (45.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.73%), Potassium: 243.87mg (6.97%), Manganese: 0.13mg (6.68%), Vitamin E: 0.89mg (5.95%), Vitamin A: 288.06IU (5.76%), Fiber: 1.29g (5.15%), Iron: 0.78mg (4.32%), Vitamin B6: 0.08mg (4.09%), Copper: 0.08mg (3.83%), Calcium: 36.33mg (3.63%), Vitamin B2: 0.06mg (3.47%), Magnesium: 13.78mg (3.45%), Vitamin B3: 0.64mg (3.18%), Phosphorus: 21.11mg (2.11%), Selenium: 1.4µg (1.99%), Vitamin K: 2.05µg (1.95%), Vitamin B5: 0.17mg (1.72%), Vitamin B1: 0.02mg (1.6%), Zinc: 0.18mg (1.22%)