



Special Honey BBQ Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



189 kcal

SAUCE

Ingredients



2 cups barbecue sauce



3 tablespoons cilantro leaves fresh chopped



2 cloves garlic minced



0.5 cup honey



1 tablespoon shallots minced

Equipment

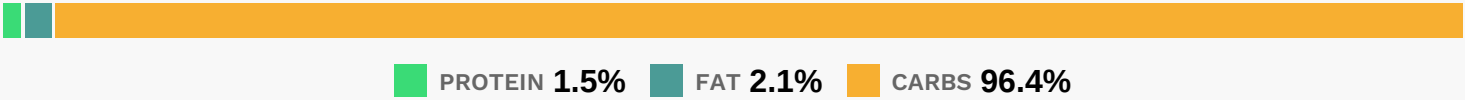


bowl

Directions

- ☐ In a medium, nonporous bowl, combine the garlic, shallot, honey, barbecue sauce and cilantro.
- ☐ Mix well and pour onto meat or poultry. Discard any leftover sauce.

Nutrition Facts



Properties

Glycemic Index:18.03, Glycemic Load:9.23, Inflammation Score:-1, Nutrition Score:2.2986956834793%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 189.44kcal (9.47%), Fat: 0.46g (0.7%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 47.09g (15.7%), Net Carbohydrates: 46.35g (16.85%), Sugar: 41.24g (45.82%), Cholesterol: 0mg (0%), Sodium: 737.64mg (32.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Manganese: 0.12mg (6.19%), Potassium: 184.86mg (5.28%), Vitamin E: 0.58mg (3.85%), Vitamin B6: 0.07mg (3.63%), Vitamin A: 170.4IU (3.41%), Iron: 0.58mg (3.21%), Copper: 0.06mg (3.14%), Fiber: 0.75g (2.98%), Vitamin B2: 0.05mg (2.91%), Calcium: 26.79mg (2.68%), Magnesium: 10.21mg (2.55%), Vitamin B3: 0.46mg (2.31%), Selenium: 1.22µg (1.75%), Phosphorus: 17.12mg (1.71%), Vitamin K: 1.77µg (1.69%), Vitamin B5: 0.14mg (1.41%), Vitamin B1: 0.02mg (1.25%), Zinc: 0.18mg (1.22%), Vitamin C: 0.91mg (1.1%)