



Spicy Honey-Lime Barbecue Sauce

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



105 kcal

SAUCE

Ingredients

- ☐ 0.3 cup butter
- ☐ 12 oz chili sauce
- ☐ 0.3 cup honey
- ☐ 2 tablespoons juice of lime
- ☐ 1 cup onion diced
- ☐ 0.3 teaspoon pepper

Equipment

- ☐ sauce pan

Directions

☐ Melt butter in a small saucepan over medium heat; add onion, and saut 4 to 5 minutes or until tender. Stir in chili sauce, next 3 ingredients, and 1/3 cup water; bring to a boil. Reduce heat to low, and simmer 5 minutes. Store in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:3.98, Inflammation Score:-3, Nutrition Score:2.6134782964769%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 105.03kcal (5.25%), Fat: 4.72g (7.27%), Saturated Fat: 2.94g (18.37%), Carbohydrates: 15.5g (5.17%), Net Carbohydrates: 14.37g (5.23%), Sugar: 12.22g (13.57%), Cholesterol: 12.2mg (4.07%), Sodium: 493.4mg (21.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Vitamin C: 7.57mg (9.18%), Vitamin A: 375.24IU (7.5%), Vitamin E: 0.8mg (5.3%), Potassium: 159.18mg (4.55%), Fiber: 1.13g (4.52%), Vitamin B6: 0.08mg (3.86%), Vitamin B3: 0.58mg (2.9%), Copper: 0.05mg (2.75%), Vitamin B1: 0.04mg (2.6%), Phosphorus: 24.53mg (2.45%), Vitamin K: 2.33µg (2.22%), Vitamin B2: 0.03mg (1.99%), Iron: 0.35mg (1.94%), Manganese: 0.03mg (1.72%), Folate: 6.75µg (1.69%), Magnesium: 6.29mg (1.57%), Calcium: 13mg (1.3%)