



Sticky Rum BBQ Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



219 kcal

SAUCE

Ingredients

- 0.5 cup rum dark
- 1 teaspoon ginger fresh grated
- 2 garlic clove minced
- 1 tablespoon suya seasoning mix
- 0.5 cup catsup
- 1 cup brown sugar dark light packed
- 2 tablespoons juice of lime fresh
- 1 teaspoon lime zest

- 0.3 teaspoon liquid smoke
- 2 tablespoons soya sauce

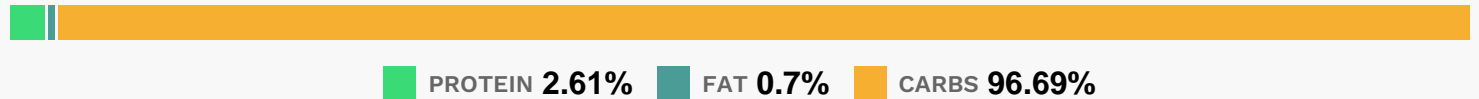
Equipment

- sauce pan

Directions

- Combine ingredients in a small saucepan over medium heat. Simmer 5 to 7 minutes or until slightly thickened.
- Remove from heat, and let cool; refrigerate, covered, up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:3.9443478376969%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 218.97kcal (10.95%), Fat: 0.14g (0.22%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 44.33g (14.78%), Net Carbohydrates: 43.12g (15.68%), Sugar: 40.14g (44.59%), Cholesterol: 0mg (0%), Sodium: 528.43mg (22.98%), Alcohol: 6.68g (100%), Alcohol %: 9.2% (100%), Protein: 1.2g (2.39%), Vitamin K: 15.97µg (15.21%), Manganese: 0.22mg (10.91%), Iron: 1.41mg (7.85%), Calcium: 76.66mg (7.67%), Vitamin E: 0.76mg (5.04%), Vitamin B6: 0.1mg (4.98%), Fiber: 1.21g (4.85%), Potassium: 160.72mg (4.59%), Magnesium: 15.77mg (3.94%), Vitamin B3: 0.7mg (3.49%), Vitamin B2: 0.06mg (3.42%), Vitamin C: 2.8mg (3.4%), Copper: 0.07mg (3.37%), Vitamin A: 147.28IU (2.95%), Folate: 9.68µg (2.42%), Phosphorus: 21.32mg (2.13%), Selenium: 0.89µg (1.27%), Vitamin B5: 0.12mg (1.17%), Zinc: 0.16mg (1.08%)