



Sticky Stout Barbecue Sauce



Vegetarian



Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



37 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 cup barbecue sauce
- ☐ 0.3 cup let set min. spread
- ☐ 2 garlic clove minced
- ☐ 1 small onion finely chopped
- ☐ 11.2 oz porter
- ☐ 1 tablespoon vegetable oil

Equipment

☐ sauce pan

Directions

- ☐ Saut onion in hot oil in a large saucepan over medium-high heat 4 to 5 minutes or until tender.
- ☐ Add garlic; saut 1 minute. Gradually stir in beer. Cook 8 to 10 minutes or until mixture is reduced by half. Reduce heat to medium.
- ☐ Stir in barbecue sauce and next 2 ingredients, and cook 4 to 5 minutes or until thoroughly heated.
- ☐ Note: We tested with Guinness Extra Stout beer and Sweet Baby Ray's Sweet 'n Spicy Barbecue Sauce.

Nutrition Facts



Properties

Glycemic Index:6.08, Glycemic Load:0.92, Inflammation Score:-1, Nutrition Score:0.51652174086674%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 36.91kcal (1.85%), Fat: 0.62g (0.96%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 6.74g (2.45%), Sugar: 5.01g (5.57%), Cholesterol: 0mg (0%), Sodium: 118.76mg (5.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.38%), Manganese: 0.03mg (1.3%), Vitamin K: 1.22µg (1.16%)