

Strawberry Barbecue Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



87 kcal

SAUCE

Ingredients

- 3 tablespoons green onion chopped
- 2 tablespoons honey
- 1 teaspoon hot sauce
- 0.5 cup catsup
- 2 tablespoons juice of lemon fresh
- 1 teaspoon pepper flakes red crushed
- 0.3 teaspoon salt
- 2 tablespoons soya sauce

- 2 cups strawberries sliced
- 0.3 cup strawberry jam

Equipment

- food processor
- blender

Directions

- Place the strawberries, strawberry jam, ketchup, green onion, honey, soy sauce, lemon juice, hot sauce, crushed red pepper, liquid smoke, and salt in a blender or food processor; blend until smooth.

Nutrition Facts



PROTEIN 4.43% **FAT 1.82%** **CARBS 93.75%**

Properties

Glycemic Index:24.28, Glycemic Load:8.42, Inflammation Score:-3, Nutrition Score:3.9247826208239%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 87.02kcal (4.35%), Fat: 0.19g (0.29%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 21.77g (7.26%), Net Carbohydrates: 20.64g (7.51%), Sugar: 16.38g (18.2%), Cholesterol: 0mg (0%), Sodium: 482.91mg (21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.06%), Vitamin C: 25.31mg (30.67%), Manganese: 0.19mg (9.74%), Vitamin K: 6.18µg (5.88%), Fiber: 1.13g (4.5%), Potassium: 136.09mg (3.89%), Folate: 14.75µg (3.69%), Vitamin A: 178.86IU (3.58%), Vitamin B2: 0.06mg (3.38%), Vitamin B6: 0.06mg (3.14%), Vitamin E: 0.45mg (3.03%), Vitamin B3: 0.59mg (2.94%), Copper: 0.06mg (2.87%), Iron: 0.48mg (2.67%), Magnesium: 10.18mg (2.54%), Phosphorus: 23.23mg (2.32%), Calcium: 14.81mg (1.48%), Vitamin B1: 0.02mg (1.21%)