



Sweet & Sour BBQ Sauce



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



7

CALORIES



125 kcal

SAUCE

Ingredients

- ☐ 1.5 teaspoons vietnamese chili-garlic sauce
- ☐ 2 teaspoons sesame oil dark
- ☐ 0.5 cup cooking sherry dry
- ☐ 2 tablespoons ginger fresh finely grated peeled
- ☐ 2 cloves garlic chopped
- ☐ 0.5 cup hoisin sauce
- ☐ 0.5 cup catsup
- ☐ 2 tablespoons vegetable oil; peanut oil preferred

☐ 2 teaspoons soya sauce

Equipment

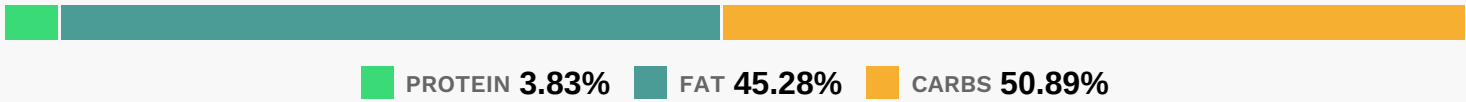
☐ sauce pan

☐ whisk

Directions

- ☐ Heat the oil in a small saucepan over high heat.
- ☐ Add the garlic and ginger and cook over high heat until fragrant, about 2 minutes.
- ☐ Whisk in the sherry, hoisin sauce, ketchup, chile-garlic sauce, soy sauce, and sesame oil and bring to a boil.
- ☐ Remove from heat and let cool.

Nutrition Facts



Properties

Glycemic Index:10.71, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:2.0565217085507%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 125.2kcal (6.26%), Fat: 5.85g (9%), Saturated Fat: 0.96g (5.98%), Carbohydrates: 14.79g (4.93%), Net Carbohydrates: 14.07g (5.12%), Sugar: 9.44g (10.48%), Cholesterol: 0.59mg (0.2%), Sodium: 623.36mg (27.1%), Alcohol: 1.77g (100%), Alcohol %: 3.46% (100%), Protein: 1.11g (2.22%), Vitamin E: 0.96mg (6.37%), Manganese: 0.11mg (5.72%), Vitamin B2: 0.08mg (4.58%), Vitamin B6: 0.07mg (3.25%), Vitamin B3: 0.58mg (2.91%), Fiber: 0.72g (2.87%), Potassium: 99.09mg (2.83%), Magnesium: 10.42mg (2.6%), Copper: 0.05mg (2.49%), Iron: 0.37mg (2.07%), Phosphorus: 19.23mg (1.92%), Vitamin A: 89.2IU (1.78%), Folate: 6.79µg (1.7%), Vitamin C: 1.15mg (1.39%), Calcium: 12.61mg (1.26%)