



Tangy Coffee Barbecue Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



25 kcal

SAUCE

Ingredients

- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 1.5 teaspoons pepper black
- ☐ 1 teaspoon chili powder
- ☐ 1 cup hot-brewed coffee brewed
- ☐ 2 tablespoons brown sugar dark
- ☐ 1 teaspoon garlic powder
- ☐ 1.5 teaspoons lower-sodium soy sauce
- ☐ 1 cup no-salt-added ketchup

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1 teaspoon onion powder

Equipment

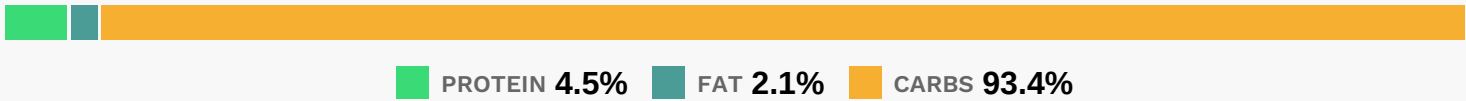
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sauce pan

Directions

- ☐
- Combine ketchup, coffee, brown sugar, onion powder, garlic powder, and chili powder in a small saucepan; bring to a boil. Reduce heat, and simmer 10 minutes or until slightly thickened, stirring occasionally.
- ☐
- Remove from heat; stir in pepper, balsamic vinegar, and soy sauce.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:0.54956521433981%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg

Nutrients (% of daily need)

Calories: 24.91kcal (1.25%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 4.14g (1.38%), Net
Carbohydrates: 3.97g (1.44%), Sugar: 3.52g (3.91%), Cholesterol: 0mg (0%), Sodium: 27.17mg (1.18%), Alcohol: 0g
(100%), Alcohol %: 0% (100%), Caffeine: 7.9mg (2.63%), Protein: 0.2g (0.4%), Manganese: 0.05mg (2.52%), Vitamin
B2: 0.02mg (1.12%), Vitamin A: 50.78IU (1.02%)