



Thai Barbecue Sauce

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



3

CALORIES



704 kcal

SAUCE

Ingredients

- 0.3 cup balsamic vinegar
- 3 ounces brown sugar
- 1 teaspoon chili paste depending on your taste pref red
- 1.5 tablespoons dijon mustard
- 1 ounce cilantro leaves fresh chopped
- 1.5 ounces ginger fresh minced
- 0.5 cup hoisin sauce
- 0.3 cup honey

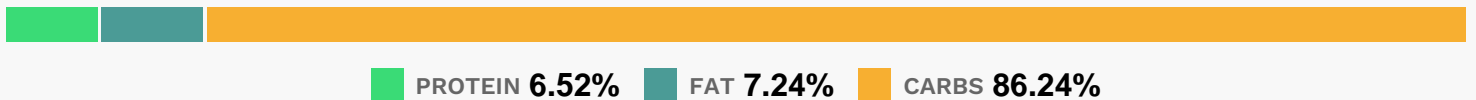
- 2.5 ounces lemon grass fresh chopped
- 1 cup onion chopped
- 1 cup orange juice
- 0.5 teaspoon paprika
- 0.5 teaspoon pepper
- 1 cup plum sauce
- 0.5 teaspoon salt
- 0.5 tablespoon sesame oil
- 10 tablespoons soya sauce
- 5 ounces sacramento tomato juice
- 0.5 cup worcestershire sauce

Equipment

Directions

- Heat the sesame oil and cook onion (be careful, sesame oil has a low flashpoint and burns easily).
- Add ginger and cook 5 minutes.
- Add remaining ingredients and cook 20 minutes. Strain and cook another 20 minutes. This will keep well in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:117.87, Glycemic Load:20.87, Inflammation Score:-9, Nutrition Score:26.066522038501%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg,

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 16.59mg, Quercetin: 16.59mg, Quercetin: 16.59mg

Nutrients (% of daily need)

Calories: 703.68kcal (35.18%), Fat: 5.83g (8.97%), Saturated Fat: 0.89g (5.56%), Carbohydrates: 156.28g (52.09%), Net Carbohydrates: 151.41g (55.06%), Sugar: 83.49g (92.76%), Cholesterol: 1.38mg (0.46%), Sodium: 5736.85mg (249.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.81g (23.61%), Manganese: 2.1mg (105.03%), Vitamin C: 64.89mg (78.66%), Iron: 9.15mg (50.83%), Potassium: 1547.71mg (44.22%), Vitamin K: 32.64µg (31.09%), Vitamin B3: 5.61mg (28.06%), Copper: 0.56mg (27.83%), Vitamin B2: 0.46mg (27.24%), Magnesium: 106.15mg (26.54%), Folate: 102.39µg (25.6%), Vitamin A: 1275.43IU (25.51%), Vitamin B6: 0.47mg (23.36%), Phosphorus: 233.37mg (23.34%), Fiber: 4.87g (19.49%), Calcium: 176.45mg (17.64%), Vitamin B1: 0.25mg (16.74%), Zinc: 1.67mg (11.12%), Selenium: 5.95µg (8.51%), Vitamin B5: 0.84mg (8.44%), Vitamin E: 0.8mg (5.31%)