

Maple Barbecue Sauce

- 2 tablespoons lard or other cooking fat
- 1 large yellow onion, diced
- 2 cloves garlic, minced
- 2 cups tomato sauce
- ¾ cup maple syrup
- ¼ cup tamari or gluten-free soy sauce
- 1 ½ teaspoons red pepper flakes, or to taste
- 2 tablespoons apple cider vinegar



Melt the lard in heavy medium saucepan over medium heat. Add onion and sauté until tender, about 10 minutes. Add garlic and sauté 1 minute. Add tomato sauce, maple syrup, soy sauce and red pepper flakes; bring just to a boil. Reduce heat to low and simmer until sauce thickens slightly, about 20 minutes. Stir in vinegar; season sauce to taste with salt and pepper.

Servings: 24
Yield: 2 cups

Degree of Difficulty

Degree of Difficulty: Easy

Source

Author: Janis Smyth
Source: Jan's Sushi Bar
Web Page: www.janssushibar.com

Nutrition Facts

Serving size: 1/24 of a recipe (1.8 ounces).
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	46.96
Calories From Fat (22%)	10.11
Calories From Protein (5%)	2.13
Calories From Carbohydrates (74%)	34.72
Calories From Alcohol (0%)	0
% Daily Value	
Total Fat 1.12g	2%
Saturated Fat 0.42g	2%
Monounsaturated Fat 0.49g	
Polyunsaturated Fat 0.14g	
Trans Fatty Acids 0g	
Cholesterol 1.01mg	<1%
Sodium 277.01mg	12%
Potassium 113.13mg	3%
Total Carbohydrates 9g	3%
Fiber 0.46g	2%
Sugar 7.57g	
Net Carbohydrates 8.54g	
Protein 0.72g	1%
Vitamin A 88.56IU	2%
Vitamin C 2.17mg	4%

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Calcium 16.59mg	2%
Iron 0.33mg	2%
Vitamin E 0.3mg	3%
Vitamin D 1.09IU	<1%
Thiamin 0.02mg	1%
Riboflavin 0.15mg	9%
Niacin 0.35mg	2%
Vitamin B6 0.05mg	3%
Folate 5.97mcg	1%
Vitamin B12 0mcg	0%
Pantothenic Acid 0.09mg	<1%
Vitamin K 0.62mcg	<1%
Phosphorus 13.61mg	1%
Magnesium 7.9mg	2%
Zinc 0.22mg	1%
Copper 0.04mg	2%
Manganese 0.34mg	17%
Selenium 0.23mcg	<1%
Alcohol 0g	
Caffeine 0mg	
Water 37.67g	