## **Barbecue Sauce**

Step-By-Step Sauces Salamander Books Ltd. - London, England

## Yield: 1 3/4

2 cloves garlic 1 can (8 ounce) pineapple in fruit

juice
1 can (8 ounce) chopped tomatoes
3 tablespoons cider vinegar
6 teaspoons soft brown sugar
6 teaspoons mango chutney
2 teaspoons Worcestershire sauce
1/2 teaspoon smooth mustard
1/2 teaspoon mixed spice
few drops Tabasco sauce
salt (to taste)
pepper (to taste)
3 teaspoons cornflour

Peel and crush the garlic cloves. Chop the pineapple roughly.

Place the garlic and pineapple in a saucepan with the tomatoes, vinegar, sugar, chutney, Worcestershire, mustard, mixed spice, Tabasco, salt and pepper. Mix well. Bring slowly to a boil. Cover and simmer gently for 10 minutes, stirring occasionally. Remove the pan from the heat and set aside to cool.

Once cool, puree' the sauce in a blender or food processor until smooth. Return the sauce to a saucepan.

In a small bowl, blend the cornflour with one tablespoon of water. Stir the cornflour mixture into the sauce. Bring slowly to a boil, stirring continuously. Simmer gently for 3 minutes. Adjust the seasoning before serving.

Serve with barbecued or grilled meats such as steaks, chops or chicken portions.

Per Serving (excluding unknown items): 127 Calories; 1g Fat (3.5% calories from fat); 2g Protein; 32g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 118mg Sodium. Exchanges: 1 1/2 Vegetable; 1 1/2 Fruit; 1/2 Other Carbohydrates.

Sauces and Condiments

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% Calories from Fat: % Calories from Carbohydrates: % Calories from Protein: Total Fat (g): Saturated Fat (g): Monounsaturated Fat (g): Polyunsaturated Fat (g):	3.5% 91.8% 4.7% 1g trace trace	Vitamin B12 (mcg): Thiamin B1 (mg): Riboflavin B2 (mg): Folacin (mcg): Niacin (mg): Caffeine (mg): Alcohol (kcal):	0mcg .1mg .1mg 21mcg 1mg 0mg 0
Cholesterol (mg): Carbohydrate (g): Dietary Fiber (g): Protein (g): Sodium (mg): Potassium (mg): Calcium (mg): Iron (mg): Zinc (mg): Vitamin C (mg):	0mg 32g 2g 2g 118mg 454mg 34mg 2mg trace 45mg	Food Exchanges Grain (Starch): Lean Meat: Vegetable: Fruit: Non-Fat Milk: Fat: Other Carbohydrates:	0 0 1 1/2 1 1/2 0 0 1/2
Vitamin A (i.u.): Vitamin A (r.e.):	1055IU 99 1/2RE		

## **Nutrition Facts**

Amount Per Serving			
Calories 127	Calories from Fat: 4		
	% Daily Values*		
Total Fat 1g	1%		
Saturated Fat trace	0%		
Cholesterol 0mg	0%		
Sodium 118mg	5%		
Total Carbohydrates 32g	11%		
Dietary Fiber 2g	9%		
Protein 2g			
Vitamin A	21%		
Vitamin C	75%		
Calcium	3%		
Iron	9%		

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.