Plum BBQ Sauce II

Nancy Vienneau - Third Thursday Potluck www.relish.com

Yield: 6 cups

4 cups plums, washed, pitted and chopped 3/4 cup turbinado sugar 1/4 cup balsamic vinegar 1 1/2 teaspoons mustard 1 1/2 teaspoons fresh ginger, grated 1 1/2 teaspoons allspice 1/4 cup onion, finely chopped 1/4 cup red bell pepper, finely chopped 1 clove garlic, minced 1/2 jalapeno pepper, seeded and finely chopped 1 teaspoon salt In a heavy stockpot set on medium-low heat, place all of the ingredients. As the plums warm and release their juices, stir well.

Cover and simmer for one hour, stirring the mixture periodically.

The plums, onions and bell pepper bits will soften and meld into a thick barbecue sauce.

Per Serving (excluding unknown items): 960 Calories; 5g Fat (4.1% calories from fat); 7g Protein; 244g Carbohydrate; 13g Dietary Fiber; Omg Cholesterol; 100mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 5 1/2 Fruit; 0 Fat; 9 1/2 Other Carbohydrates.

Appetizers, Sauces and Condiments

Bar Canvina Nutritianal Analysis

Calories (kcal):	960	Vitamin B6 (mg):	.7mg
% Calories from Fat:	4.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	93.3%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	2.6%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	5g	Folacin (mcg):	36mcg
Saturated Fat (g):	trace	Niacin (mg):	4mg
(6)		Caffeine (mg):	0mg
Monounsaturated Fat (g):	3g	Alcohol (kcal):	0
Polyunsaturated Fat (g):	1g	% Pofueo	በ በ%
Cholesterol (mg):	0mg		

Carbohydrate (g):	244g
Dietary Fiber (g):	13g
Protein (g):	7g
Sodium (mg):	100mg
Potassium (mg):	1411mg
Calcium (mg):	74mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	141mg
Vitamin A (i.u.):	4283IU
Vitamin A (r.e.):	426 1/2RE

Nutrition Facts

Amount Per Serving

Calories 960	Calories from Fat: 40
	% Daily Values'
Total Fat 5g	7%
Saturated Fat trace	2%
Cholesterol Omg	0%
Sodium 100mg	4%
Total Carbohydrates 244g	81%
Dietary Fiber 13g	50%
Protein 7g	
Vitamin A	86%
Vitamin C	235%
Calcium	7%
Iron	10%

* Percent Daily Values are based on a 2000 calorie diet.

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1 1/2
Fruit:	5 1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	9 1/2