

Blueberry BBQ Sauce

Compliments of Chef Richard's Kitchen

4 Servings

4 C fresh or frozen
blueberries
½ C apple cider vinegar
¼ C brown sugar, packed
1 tsp dried ginger
1 Tbsp molasses
1 tsp salt
1 tsp chili powder
¼ tsp ground cinnamon
¼ tsp ground allspice

Place blueberries, vinegar, brown sugar, ginger, molasses, salt chili powder, cinnamon and allspice into medium saucepan. While crushing berries with potato masher, bring to boil. After about 10 minutes, sauce should thicken slightly and berries should be broken down.



Remove from heat and allow to cool. If smoother sauce is desired, place in blender and blend until smooth.

Cover and store in refrigerator.

Nutrition Facts	
Portion Size	33 g
Amount Per Portion	
Calories	27
% Daily Value *	
Total Fat 0.1g	0 %
Sodium 157mg	7 %
Total Carbohydrate 6.8g	2 %
Dietary Fiber 1.2g **	4 %
Sugar 3.2g **	
Protein 0.1g	0 %
Vitamin D 0mcg **	0 %
Calcium 11mg **	1 %
Iron 0.3mg **	2 %
Potassium 46mg **	1 %
<p>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.</p> <p>** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.</p>	

Source:
<https://www.nutritionvalue.org>