

Berry BBQ Sauce

Janet Hix - Austin, TX

Taste of Home - April/May 2016

Yield: 4 cups

2 cups fresh or frozen blackberries

2 cups fresh or frozen blueberries

1/2 cup sugar

1/4 cup water

1 to 2 cups barbecue sauce

In a large saucepan, combine the berries, sugar and water. Bring to a boil. Reduce the heat and simmer, uncovered, for 15 to 20 minutes or until thickened, stirring occasionally.

Stir in the desired amount of barbecue sauce. Cook for 10 to 15 minutes longer or until thickened.

Store the sauce in an airtight container in the refrigerator for up to three days.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 575 Calories; 5g Fat (6.9% calories from fat); 5g Protein; 132g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 2040mg Sodium. Exchanges: 9 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	575	Vitamin B6 (mg):	.2mg
% Calories from Fat:	6.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	90.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	5g	Folacin (mcg):	10mcg
Saturated Fat (g):	1g	Niacin (mg):	2mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	132g		
Dietary Fiber (g):	3g	Food Exchanges	
	5g	Grain (Starch):	0

Protein (g):
Sodium (mg): 2040mg
Potassium (mg): 437mg
Calcium (mg): 50mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 18mg
Vitamin A (i.u.): 2170IU
Vitamin A (r.e.): 217 1/2RE

Lean Meat:
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 9

Nutrition Facts

Amount Per Serving

Calories 575 Calories from Fat: 40

% Daily Values*

Total Fat	5g		7%
Saturated Fat	1g		3%
Cholesterol	0mg		0%
Sodium	2040mg		85%
Total Carbohydrates	132g		44%
Dietary Fiber	3g		12%
Protein	5g		
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Vitamin A			43%
Vitamin C			29%
Calcium			5%
Iron			13%

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