

Ginger-Hoisin Barbecue Sauce

50 Burger Toppings
Food Network Magazine

1 scallion, finely chopped
1 1/2 teaspoons grated peeled fresh
ginger
vegetable oil
1/4 cup barbecue sauce
2 tablespoons hoisin sauce
salt (to taste)
pepper (to taste)

In a saucepan with vegetable oil, saute' the
scallion and ginger in vegetable oil until
softened, 1 minute.

Mix in the barbecue sauce and hoisin sauce.
Season with salt and pepper.

Per Serving (excluding unknown
items): 122 Calories; 2g Fat (16.3%
calories from fat); 2g Protein; 23g
Carbohydrate; 2g Dietary Fiber;
1mg Cholesterol; 1029mg Sodium.
Exchanges: 0 Vegetable; 0 Fat; 1
1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	122
% Calories from Fat:	16.3%
% Calories from Carbohydrates:	75.7%
% Calories from Protein:	7.9%
Total Fat (g):	2g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	1mg
Carbohydrate (g):	23g
Dietary Fiber (g):	2g
Protein (g):	2g
Sodium (mg):	1029mg
Potassium (mg):	188mg
Calcium (mg):	33mg
Iron (mg):	1mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	19mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0

Zinc (mg): trace
 Vitamin C (mg): 7mg
 Vitamin A (i.u.): 603IU
 Vitamin A (r.e.): 60 1/2RE

Other Carbohydrates: 1 1/2

Nutrition Facts

Amount Per Serving

Calories 122 Calories from Fat: 20

% Daily Values*

Total Fat 2g	3%
Saturated Fat trace	2%
Cholesterol 1mg	0%
Sodium 1029mg	43%
Total Carbohydrates 23g	8%
Dietary Fiber 2g	8%
Protein 2g	
 Vitamin A	12%
Vitamin C	12%
Calcium	3%
Iron	6%

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