Hoisin Burger Barbecue Sauce

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2 cloves garlic, minced olive oil
1/4 cup hoisin sauce
1/4 cup steak sauce
1 tablespoon soy sauce
1 tablespoon ketchup
1/3 cup water
1/2 teaspoon sesame oil
1 scallion, chopped

In a skillet, cook the garlic in olive oil until softened.

Stir in the hoisin sauce, steak sauce, soy sauce, ketchup and water. Simmer until thick, about 10 minutes. Let cool.

Stir in the sesame oil and scallion.

Per Serving (excluding unknown items): 237 Calories; 5g Fat (17.4% calories from fat); 5g Protein; 46g Carbohydrate; 4g Dietary Fiber; 2mg Cholesterol; 3117mg Sodium. Exchanges: 1 Vegetable; 1 Fat; 2 1/2 Other Carbohydrates.

Sauces and Condiments

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Calories (kcal):	237	Vitamin B6 (mg):	.2mg
% Calories from Fat:	17.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	74.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	7.9%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	5g	Folacin (mcg):	33mcg
Saturated Fat (g):	1g	Niacin (mg):	2mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
(6)		Alcohol (kcal):	0
Polyunsaturated Fat (g):	2g	% Dafilea	በ በ%
Cholesterol (mg):	2mg	Food Evolungos	
Carbohydrate (g):	46g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	0
Protein (g):	5g	Lean Meat:	0
Sodium (mg):	3117mg	Vegetable:	1
Potassium (mg):	486mg	Fruit:	0
Calcium (mg):	60mg	Non-Fat Milk:	0
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Iron (mg):	2mg	Fat:	1
Zinc (mg):	1mg	Other Carbohydrates:	2 1/2
Vitamin C (mg):	17mg		
Vitamin A (i.u.):	777IU		
Vitamin A (r.e.):	78RE		

Nutrition Facts

Amount Per Serving	
Calories 237	Calories from Fat: 41
	% Daily Values*
Total Fat 5g	7%
Saturated Fat 1g	3%
Cholesterol 2mg	1%
Sodium 3117mg	130%
Total Carbohydrates 46g	15%
Dietary Fiber 4g	15%
Protein 5g	
Vitamin A	16%
Vitamin C	28%
Calcium	6%
Iron	12%

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