

Hoisin Burger Barbecue Sauce

Lea & Perrins, Inc.
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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

Per Serving Nutritional Analysis

| | |
|--------------------------------|--------|
| Calories (kcal): | 237 |
| % Calories from Fat: | 17.4% |
| % Calories from Carbohydrates: | 74.8% |
| % Calories from Protein: | 7.9% |
| Total Fat (g): | 5g |
| Saturated Fat (g): | 1g |
| Monounsaturated Fat (g): | 2g |
| Polyunsaturated Fat (g): | 2g |
| Cholesterol (mg): | 2mg |
| Carbohydrate (g): | 46g |
| Dietary Fiber (g): | 4g |
| Protein (g): | 5g |
| Sodium (mg): | 3117mg |
| Potassium (mg): | 486mg |
| Calcium (mg): | 60mg |

| | |
|---------------------|-------|
| Vitamin B6 (mg): | .2mg |
| Vitamin B12 (mcg): | 0mcg |
| Thiamin B1 (mg): | trace |
| Riboflavin B2 (mg): | .2mg |
| Folacin (mcg): | 33mcg |
| Niacin (mg): | 2mg |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | 0.0% |

Food Exchanges

| | |
|-----------------|---|
| Grain (Starch): | 0 |
| Lean Meat: | 0 |
| Vegetable: | 1 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |

