

## Sauces

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# Mole Barbecue Sauce

Southern Living Magazine - May - 2011

**Preparation Time: 5 minutes**

**Start to Finish Time: 5 minutes**

**1 tablespoon mole sauce**

**1/4 cup hot water**

**1 cup barbecue sauce**

**1 tablespoon lime juice**

**1 tablespoon fresh cilantro, chopped**

Dissolve the mole sauce in the hot water, whisking until smooth.

Whisk in the barbecue sauce, lime juice and cilantro.

Yield: 1 1/2 cups

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Per Serving (excluding unknown items): 192 Calories; 5g Fat (21.1% calories from fat); 5g Protein; 33g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 2040mg Sodium. Exchanges: 0 Fruit; 2 1/2 Other Carbohydrates.