

Orange Barbecue Sauce

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1/2 cup orange juice
1/2 cup ketchup
1 lime, juiced
1 tablespoon soy sauce
salt (to taste)
fresh ground black pepper (to taste)

In a small saucepan, combine the orange juice, ketchup, lime juice and soy sauce.

Heat until bubbly and thick.

Season with salt and pepper to taste.

Per Serving (excluding unknown items): 210 Calories; 1g Fat (3.0% calories from fat); 4g Protein; 54g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 2454mg Sodium. Exchanges: 1/2 Vegetable; 1 1/2 Fruit; 2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	210	Vitamin B6 (mg):	.3mg
% Calories from Fat:	3.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	90.3%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	6.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	94mcg
Saturated Fat (g):	trace	Niacin (mg):	3mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	54g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	4g	Lean Meat:	0
Sodium (mg):	2454mg	Vegetable:	1/2
Potassium (mg):	926mg	Fruit:	1 1/2
Calcium (mg):	62mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	2
Vitamin C (mg):	100mg		

Vitamin A (i.u.): 1474IU
Vitamin A (r.e.): 185RE

Nutrition Facts

Amount Per Serving

Calories 210 Calories from Fat: 6

% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	2454mg	102%
Total Carbohydrates	54g	18%
Dietary Fiber	2g	9%
Protein	4g	
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Vitamin A		29%
Vitamin C		166%
Calcium		6%
Iron		10%

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