

Plum BBQ Sauce II

Nancy Vienneau - Third Thursday Potluck
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Yield: 6 cups

4 cups plums, washed, pitted and chopped
3/4 cup turbinado sugar
1/4 cup balsamic vinegar
1 1/2 teaspoons mustard
1 1/2 teaspoons fresh ginger, grated
1 1/2 teaspoons allspice
1/4 cup onion, finely chopped
1/4 cup red bell pepper, finely chopped
1 clove garlic, minced
1/2 jalapeno pepper, seeded and finely chopped
1 teaspoon salt

In a heavy stockpot set on medium-low heat, place all of the ingredients. As the plums warm and release their juices, stir well.

Cover and simmer for one hour, stirring the mixture periodically.

The plums, onions and bell pepper bits will soften and meld into a thick barbecue sauce.

Per Serving (excluding unknown items): 960 Calories; 5g Fat (4.1% calories from fat); 7g Protein; 244g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 100mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 5 1/2 Fruit; 0 Fat; 9 1/2 Other Carbohydrates.

Appetizers, Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	960	Vitamin B6 (mg):	.7mg
% Calories from Fat:	4.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	93.3%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	2.6%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	5g	Folacin (mcg):	36mcg
Saturated Fat (g):	trace	Niacin (mg):	4mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%

