

Plum BBQ Sauce

Nancy Vienneau and Third Thursday Potluck - Nashville, TN
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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 gingerroot, 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, finely chopped
1 teaspoon salt

Place all of the ingredients in a heavy stockpot over medium-low heat.

As the plums warm and release their juices, stir well.

Cover and simmer for one hour, stirring occasionally.

Per Serving (excluding unknown items): 958 Calories; 5g Fat (4.1% calories from fat); 7g Protein; 244g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 2231mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 5 1/2 Fruit; 0 Fat; 9 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	958	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):	35mcg
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%

Carbohydrate (g): 244g
 Dietary Fiber (g): 12g
 Protein (g): 7g
 Sodium (mg): 2231mg
 Potassium (mg): 1398mg
 Calcium (mg): 88mg
 Iron (mg): 2mg
 Zinc (mg): 1mg
 Vitamin C (mg): 141mg
 Vitamin A (i.u.): 4283IU
 Vitamin A (r.e.): 426 1/2RE

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 1
 Fruit: 5 1/2
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 9 1/2

Nutrition Facts

Amount Per Serving

Calories 958 Calories from Fat: 39

% Daily Values*

Total Fat	5g	7%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	2231mg	93%
Total Carbohydrates	244g	81%
Dietary Fiber	12g	50%
Protein	7g	
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Vitamin A		86%
Vitamin C		235%
Calcium		9%
Iron		9%

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