

Root Beer Burger Barbecue Sauce

*Lea & Perrins, Inc.
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12 ounces root beer
1/2 cup ketchup
1/4 cup lemon juice
1/4 cup orange juice
2 tablespoons barbecue sauce
2 tablespoons brown sugar
2 tablespoons Worcestershire sauce
1 tablespoon molasses
1/2 teaspoon ground ginger

In a saucepan, combine the root beer, ketchup, lemon juice, orange juice, barbecue sauce, brown sugar, Worcestershire sauce, molasses and ginger.

Simmer until thick, stirring, about 45 minutes.

Per Serving (excluding unknown items): 481 Calories; 1g Fat (2.0% calories from fat); 4g Protein; 122g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 2032mg Sodium. Exchanges: 0 Grain(Starch); 3 Fruit; 0 Fat; 5 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	481
% Calories from Fat:	2.0%
% Calories from Carbohydrates:	95.1%
% Calories from Protein:	2.9%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	122g
Dietary Fiber (g):	2g
Protein (g):	4g
Sodium (mg):	2032mg
Potassium (mg):	1449mg
Calcium (mg):	147mg

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	62mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	3
Non-Fat Milk:	0

Iron (mg): 5mg
Zinc (mg): 1mg
Vitamin C (mg): 133mg
Vitamin A (i.u.): 1660IU
Vitamin A (r.e.): 192RE

Fat: 0
Other Carbohydrates: 5

Nutrition Facts

Amount Per Serving

Calories 481 Calories from Fat: 10

% Daily Values*

Total Fat	1g		2%
	Saturated Fat	trace	1%
Cholesterol	0mg		0%
Sodium	2032mg		85%
Total Carbohydrates	122g		41%
	Dietary Fiber	2g	9%
Protein	4g		
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Vitamin A			33%
Vitamin C			222%
Calcium			15%
Iron			25%

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