

# Pineapple Chipotle Grilling Sauce

Yield: 6 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-gold-grilling-sauce-recipe>

## Ingredients:

- 1 teaspoon olive oil
- 1 cup diced onion
- 3 cloves garlic chopped
- 2 tablespoons chipotle chilies chopped, in adobo, I used about 1/2 of a small 7 oz. can
- 5 cups pineapple fresh or canned, if using canned, buy pineapple chunks reserve about 1/3 cup diced pineapple to add to sauce after bl...
- 1/2 cup pineapple juice
- 3/4 cup balsamic vinegar I used dark, next time I will use white balsamic
- 3/4 cup sugar
- 1 teaspoon salt

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 54 grams
3. Fat: 1 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. Sodium: 400 milligrams
7. Sugar: 47 grams

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