

A Very Popular BBQ Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



440 kcal

SAUCE

Ingredients

- ☐ 1.5 teaspoons pepper black
- ☐ 1.5 cups brown sugar
- ☐ 2.5 tablespoons mustard dry
- ☐ 1.5 cups catsup
- ☐ 2 teaspoons paprika
- ☐ 2 dashes pepper sauce hot
- ☐ 0.5 cup red wine vinegar
- ☐ 2 teaspoons salt

- ☐ 0.5 cup water
- ☐ 1 tablespoon worcestershire sauce

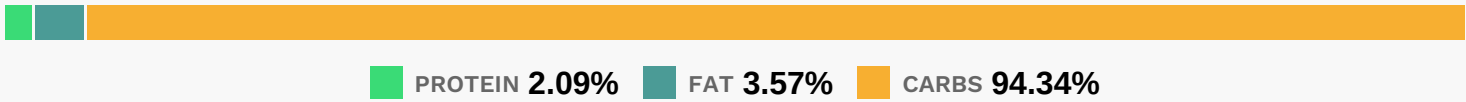
Equipment

- ☐ blender

Directions

- ☐ In a blender, combine brown sugar, ketchup, vinegar, water and Worcestershire sauce. Season with mustard, paprika, salt, pepper, and hot pepper sauce. Blend until smooth.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.12, Inflammation Score:-6, Nutrition Score:8.1126087541166%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 440.28kcal (22.01%), Fat: 1.83g (2.81%), Saturated Fat: 0.13g (0.82%), Carbohydrates: 108.74g (36.25%), Net Carbohydrates: 107.4g (39.05%), Sugar: 100.03g (111.14%), Cholesterol: 0mg (0%), Sodium: 2063.98mg (89.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Vitamin A: 963.14IU (19.26%), Manganese: 0.38mg (18.87%), Selenium: 10.85µg (15.5%), Potassium: 473.64mg (13.53%), Vitamin E: 1.84mg (12.25%), Iron: 1.96mg (10.88%), Vitamin B6: 0.22mg (10.85%), Calcium: 107.18mg (10.72%), Vitamin B2: 0.18mg (10.59%), Magnesium: 40.45mg (10.11%), Copper: 0.18mg (8.89%), Vitamin B3: 1.72mg (8.62%), Phosphorus: 72.2mg (7.22%), Vitamin C: 4.75mg (5.76%), Fiber: 1.34g (5.37%), Vitamin K: 5.01µg (4.77%), Folate: 16.97µg (4.24%), Vitamin B1: 0.05mg (3.48%), Zinc: 0.52mg (3.46%), Vitamin B5: 0.22mg (2.22%)