



Alabama White BBQ Sauce from Big Bob Gibson



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



10

CALORIES



300 kcal

SAUCE

Ingredients

- ☐ 0.5 cup apple juice
- ☐ 0.5 Teaspoon cayenne pepper
- ☐ 2 Teaspoons ground pepper black
- ☐ 2 Teaspoons horseradish prepared
- ☐ 2 Teaspoons juice of lemon fresh
- ☐ 1 Teaspoon salt
- ☐ 2 cups mayonnaise [for vegan and egg-free use a vegan mayo such as vegenaïse]

☐ 1 cup distilled vinegar white

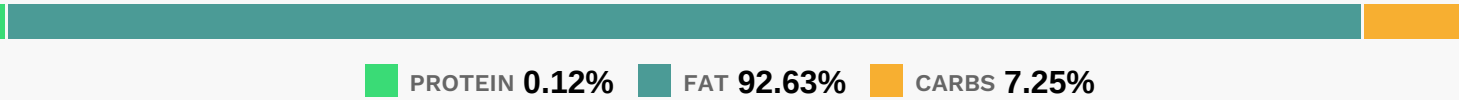
Equipment

☐ bowl

Directions

☐ In a large bowl, combine all ingredients and blend well. Use as a marniade, baste, or dipping sauce. Store refrigerated in an airtight container for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:18.98, Glycemic Load:0.65, Inflammation Score:-1, Nutrition Score:0.53130434712638%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 300.38kcal (15.02%), Fat: 28.86g (44.4%), Saturated Fat: 3.19g (19.96%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 4.9g (1.78%), Sugar: 1.32g (1.47%), Cholesterol: 0mg (0%), Sodium: 493.68mg (21.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.16%), Manganese: 0.08mg (3.91%)