



Aunt Julia's Barbecue Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



60

CALORIES



18 kcal

SAUCE

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 0.3 cup brown sugar
- ☐ 0.3 cup heinz chile sauce
- ☐ 1 tablespoon pepper red crushed
- ☐ 1 tablespoon ground pepper black
- ☐ 0.5 cup catsup
- ☐ 1 tablespoon kosher salt
- ☐ 3 tablespoons juice of lemon freshly squeezed

- ☐ 1 tablespoon ground mustard dried
- ☐ 0.5 cup onion sweet finely chopped
- ☐ 0.3 cup tabasco
- ☐ 0.3 cup sacramento tomato juice
- ☐ 0.5 cup tomato purée
- ☐ 4 tablespoons butter unsalted
- ☐ 0.5 cup water
- ☐ 0.5 cup worcestershire sauce

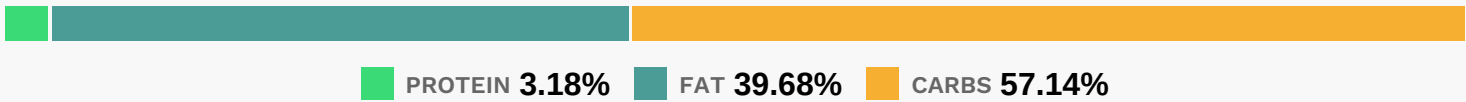
Equipment

- ☐ sauce pan

Directions

- ☐ Combine all of the ingredients in a large saucepan. Bring to a boil, then simmer for 10 minutes.
- ☐ Let cool, then transfer to a jar.

Nutrition Facts



Properties

Glycemic Index:1.72, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.75347826006296%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 18.44kcal (0.92%), Fat: 0.84g (1.29%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 2.51g (0.91%), Sugar: 1.98g (2.2%), Cholesterol: 2.01mg (0.67%), Sodium: 242.67mg (10.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.3%), Vitamin C: 1.91mg (2.31%), Vitamin A: 92.88IU

(1.86%), Manganese: 0.03mg (1.59%), Potassium: 47.37mg (1.35%), Iron: 0.24mg (1.31%), Vitamin E: 0.16mg (1.06%)