



Aunt Rosie's BBQ Sauce

 Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



124 kcal

SAUCE

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 1 ounce onion soup mix dry lipton® such as
- ☐ 1 cup catsup
- ☐ 0.5 cup water

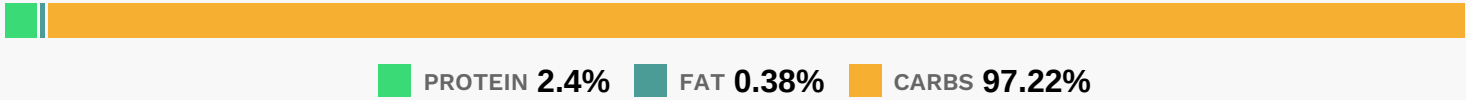
Equipment

- ☐ sauce pan

Directions

☐ Stir ketchup, brown sugar, water, and dry onion soup mix together in a saucepan; bring to a boil, stirring regularly, until sugar is dissolved, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.2752173724382%

Flavonoids

Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 123.91kcal (6.2%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 32.02g (10.67%), Net Carbohydrates: 31.59g (11.49%), Sugar: 26.52g (29.47%), Cholesterol: 0mg (0%), Sodium: 748.38mg (32.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Vitamin B6: 0.1mg (4.91%), Potassium: 170.85mg (4.88%), Vitamin B2: 0.08mg (4.67%), Manganese: 0.08mg (4.14%), Vitamin A: 205.91IU (4.12%), Vitamin E: 0.59mg (3.93%), Vitamin B3: 0.66mg (3.31%), Copper: 0.06mg (3.12%), Calcium: 28.56mg (2.86%), Magnesium: 9.88mg (2.47%), Vitamin C: 1.8mg (2.18%), Phosphorus: 21.1mg (2.11%), Iron: 0.33mg (1.83%), Fiber: 0.43g (1.73%), Vitamin K: 1.27µg (1.21%), Vitamin B1: 0.02mg (1.17%), Selenium: 0.74µg (1.05%)