Awesome Sauce

Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
35 min.	24	146 kcal

SAUCE

Ingredients

- [ ] 1.5 teaspoons cayenne pepper
- [ ] 1 cup basil dried
- [ ] 1 cup onion dried minced
- [ ] 0.3 cup sea salt
- [ ] 0.3 cup oregano dried
- [ ] 1 pork neck
- [ ] 0.3 cup salt
- [ ] 16 ounce tomato paste contadina® canned (such as)

- [ ] 3 gallons water
- [ ] 3 cups sugar white

Equipment

- [ ] pot

Directions

- [ ] Stir water, sugar, tomato paste, basil, minced onion, oregano, granulated garlic, salt, cayenne pepper, and pork neck together in a large pot.
- [ ] Bring the mixture to a simmer and cook until thickened to desired consistency, about 30 minutes.
- [ ] Remove pork neck bones to serve.

Nutrition Facts

PROTEIN **8.44%** FAT **4.46%** CARBS **87.1%**

Properties

Glycemic Index:6.25, Glycemic Load:17.94, Inflammation Score:-7, Nutrition Score:16.255652307816%

Nutrients (% of daily need)

Calories: 145.7kcal (7.29%), Fat: 0.8g (1.23%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 35.14g (11.71%), Net Carbohydrates: 30.38g (11.05%), Sugar: 26.92g (29.91%), Cholesterol: 0.66mg (0.22%), Sodium: 1237.88mg (53.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.81%), Vitamin K: 173.32µg (165.07%), Manganese: 1.09mg (54.44%), Iron: 9.5mg (52.77%), Calcium: 258.66mg (25.87%), Magnesium: 84.39mg (21.1%), Fiber: 4.76g (19.03%), Copper: 0.35mg (17.34%), Vitamin B6: 0.25mg (12.52%), Potassium: 394.08mg (11.26%), Folate: 39.41µg (9.85%), Vitamin E: 1.44mg (9.6%), Vitamin B2: 0.14mg (8.51%), Zinc: 0.96mg (6.39%), Phosphorus: 53.04mg (5.3%), Vitamin C: 3.71mg (4.5%), Vitamin B3: 0.83mg (4.15%), Vitamin A: 174.98IU (3.5%), Vitamin B1: 0.05mg (3.5%), Selenium: 1.53µg (2.18%), Vitamin B5: 0.2mg (1.96%)