

Bar-B-Que Sauce

 **Gluten Free**  **Dairy Free**

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

64 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon cider vinegar
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 cup catsup
- ☐ 0.3 teaspoon ground mustard
- ☐ 1 dash pepper sauce hot
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons worcestershire sauce

Equipment

☐

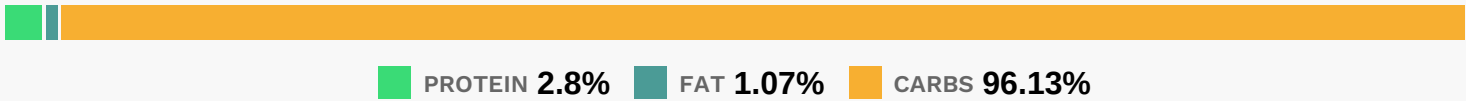
sauce pan

Directions

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In a small saucepan over medium heat, stir together the ketchup, brown sugar, Worcestershire sauce, vinegar, hot pepper sauce, garlic powder, mustard powder, and salt. Bring to a simmer, then remove from heat and allow to cool slightly before brushing on your favorite meat.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.8834782722204%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 63.55kcal (3.18%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 16.35g (5.45%), Net Carbohydrates: 16.18g (5.88%), Sugar: 13.1g (14.56%), Cholesterol: 0mg (0%), Sodium: 530.94mg (23.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.95%), Potassium: 172.95mg (4.94%), Iron: 0.66mg (3.67%), Vitamin B2: 0.06mg (3.66%), Vitamin A: 160.69IU (3.21%), Vitamin B6: 0.06mg (3.14%), Vitamin E: 0.46mg (3.04%), Vitamin C: 2.37mg (2.87%), Manganese: 0.05mg (2.68%), Vitamin B3: 0.51mg (2.54%), Copper: 0.05mg (2.53%), Calcium: 19.85mg (1.99%), Phosphorus: 17.58mg (1.76%), Magnesium: 6.78mg (1.69%), Selenium: 0.77µg (1.1%)