

Barbecue Sauce



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



306 kcal

SAUCE

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 1 cup catsup
- ☐ 12 ounce chili sauce
- ☐ 1 tablespoon dijon mustard
- ☐ 1.3 ounce onion soup mix dry
- ☐ 0.5 cup juice of lemon
- ☐ 1 cup water
- ☐ 1 tablespoon worcestershire sauce

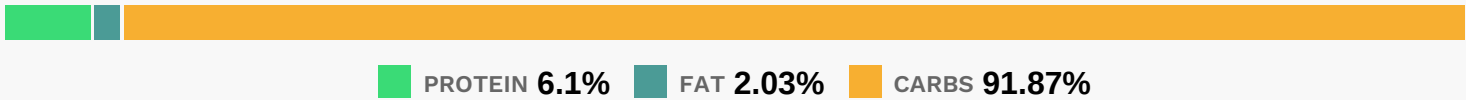
Equipment

☐ sauce pan

Directions

- ☐ Combine all ingredients in a medium saucepan, stirring well; bring to a boil. Reduce heat; simmer, uncovered, 10 minutes.
- ☐ Note: Leftover sauce may be refrigerated for other uses.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.02, Inflammation Score:-7, Nutrition Score:12.549130470856%

Flavonoids

Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 305.76kcal (15.29%), Fat: 0.73g (1.12%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 74.2g (24.73%), Net Carbohydrates: 70.12g (25.5%), Sugar: 52.12g (57.91%), Cholesterol: 0mg (0%), Sodium: 3331.93mg (144.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.85%), Vitamin C: 38.32mg (46.45%), Potassium: 848.64mg (24.25%), Vitamin A: 1193.75IU (23.87%), Vitamin E: 3.44mg (22.96%), Vitamin B6: 0.41mg (20.31%), Fiber: 4.08g (16.31%), Vitamin B3: 3.26mg (16.29%), Vitamin B2: 0.26mg (15.37%), Copper: 0.3mg (14.99%), Phosphorus: 117.48mg (11.75%), Vitamin B1: 0.17mg (11.13%), Iron: 1.88mg (10.43%), Magnesium: 39.11mg (9.78%), Manganese: 0.2mg (9.76%), Vitamin K: 8.59µg (8.18%), Calcium: 80.81mg (8.08%), Folate: 26.53µg (6.63%), Selenium: 4.39µg (6.27%), Zinc: 0.53mg (3.51%), Vitamin B5: 0.23mg (2.31%)