



Barbecue Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



90 kcal

SAUCE

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 2 teaspoons garlic powder
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon ground mustard
- ☐ 2 teaspoons ground pepper black
- ☐ 6 servings kosher salt
- ☐ 0.5 cup tomato purée
- ☐ 1 cup balsamic vinegar white

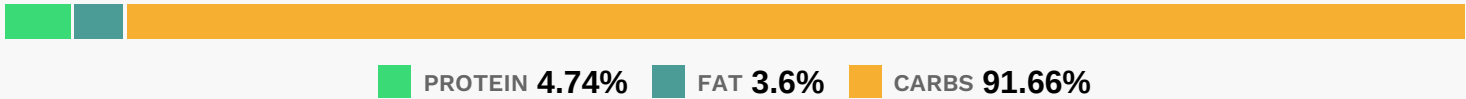
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine the vinegar, tomato puree, brown sugar, cumin, garlic powder, black pepper and ground mustard in a medium bowl.
- ☐ Sprinkle with salt and whisk until well blended.
- ☐ Cover and set aside before serving, about 1 hour. Store refrigerated, in an airtight container, for up to 2 weeks.
- ☐ A viewer or guest of the show, who may not be a professional cook, provided this recipe. The Food Network Kitchens chefs have not tested this recipe and therefore, we cannot make representation as to the results.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:3.74, Inflammation Score:-2, Nutrition Score:2.855217417945%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 89.71kcal (4.49%), Fat: 0.34g (0.53%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 19.73g (6.58%), Net Carbohydrates: 18.95g (6.89%), Sugar: 16.37g (18.18%), Cholesterol: 0mg (0%), Sodium: 214.14mg (9.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Manganese: 0.22mg (11.21%), Iron: 1.36mg (7.53%), Potassium: 190.85mg (5.45%), Copper: 0.1mg (5.01%), Magnesium: 16.53mg (4.13%), Calcium: 33.97mg (3.4%), Vitamin E: 0.48mg (3.22%), Fiber: 0.78g (3.14%), Vitamin C: 2.4mg (2.91%), Phosphorus: 28.45mg (2.85%), Vitamin B6: 0.05mg (2.7%), Vitamin A: 123.57IU (2.47%), Vitamin B3: 0.39mg (1.96%), Vitamin K: 1.89µg (1.8%), Selenium: 1.26µg (1.8%), Zinc: 0.21mg (1.37%), Vitamin B2: 0.02mg (1.36%), Vitamin B5: 0.13mg (1.28%), Vitamin B1: 0.02mg (1.16%)