

Barbecue Sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



15

CALORIES



35 kcal

SAUCE

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon celery seed
- ☐ 1 teaspoon chili powder
- ☐ 0.3 cup apple cider vinegar
- ☐ 1 cup catsup organic
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.1 teaspoon hot sauce hot
- ☐ 0.1 teaspoon salt

- ☐ 1 cup water
- ☐ 0.3 cup worcestershire sauce

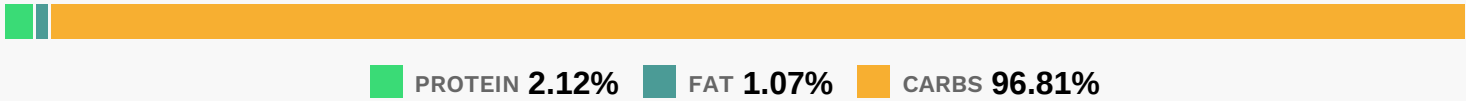
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine all ingredients in a small saucepan, stirring with a whisk until smooth. Bring to a boil; reduce heat, and simmer 25 minutes, stirring occasionally. Cool completely. Cover and store in refrigerator up to 2 weeks.
- ☐ Tip: I have gone a bit crazy trying to get high-fructose corn syrup out of my kids' diet, so I've started buying organic ketchup, which doesn't have any. It's delicious.

Nutrition Facts



Properties

Glycemic Index:4.8, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.0634782605845%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 35.01kcal (1.75%), Fat: 0.04g (0.07%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 8.99g (3%), Net Carbohydrates: 8.89g (3.23%), Sugar: 7.45g (8.28%), Cholesterol: 0mg (0%), Sodium: 229.22mg (9.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.39%), Potassium: 92.75mg (2.65%), Vitamin A: 125.4IU (2.51%), Iron: 0.37mg (2.07%), Vitamin B2: 0.03mg (2%), Vitamin E: 0.29mg (1.92%), Manganese: 0.04mg (1.75%), Vitamin C: 1.28mg (1.56%), Vitamin B6: 0.03mg (1.5%), Copper: 0.03mg (1.47%), Vitamin B3: 0.28mg (1.41%), Calcium: 12.22mg (1.22%)