

## Barbeque Sauce for Meat Sandwiches

 Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



102 kcal

SAUCE

### Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon butter
- ☐ 1.5 teaspoons chili powder
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 tablespoons honey
- ☐ 1 cup catsup
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon mustard prepared

☐ 2 tablespoons worcestershire sauce

## Equipment

☐ sauce pan

## Directions

☐ Stir ketchup, brown sugar, Worcestershire sauce, honey, butter, mustard, lemon juice, chili powder, and garlic powder together in a saucepan over medium heat; simmer until hot, about 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:23.21, Glycemic Load:3.02, Inflammation Score:-3, Nutrition Score:2.6669565118525%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Nutrients (% of daily need)

Calories: 101.87kcal (5.09%), Fat: 2.1g (3.22%), Saturated Fat: 1.22g (7.66%), Carbohydrates: 22.39g (7.46%), Net Carbohydrates: 21.95g (7.98%), Sugar: 18.85g (20.95%), Cholesterol: 5.02mg (1.67%), Sodium: 488.67mg (21.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.33%), Vitamin A: 418.16IU (8.36%), Vitamin E: 0.85mg (5.64%), Potassium: 184.82mg (5.28%), Vitamin B2: 0.08mg (4.95%), Vitamin C: 3.39mg (4.11%), Vitamin B6: 0.08mg (4.1%), Iron: 0.63mg (3.52%), Vitamin B3: 0.7mg (3.5%), Manganese: 0.07mg (3.41%), Copper: 0.06mg (2.88%), Magnesium: 8.67mg (2.17%), Selenium: 1.42µg (2.03%), Calcium: 19.84mg (1.98%), Phosphorus: 19.72mg (1.97%), Vitamin K: 1.99µg (1.89%), Fiber: 0.43g (1.74%), Folate: 5.18µg (1.29%), Vitamin B1: 0.02mg (1.04%)