

Barbeque Sauce I

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

READY IN



45 min.

SERVINGS



8

CALORIES



49 kcal

SAUCE

Ingredients

- 1 tablespoon brown sugar
- 0.5 cup cider vinegar
- 1 cup catsup
- 6 tablespoons juice of lemon
- 0.5 teaspoon ground mustard
- 0.3 cup worcestershire sauce

Equipment

- sauce pan

Directions

In a small saucepan over low heat, combine the lemon juice, vinegar, brown sugar, Worcestershire sauce, ketchup and mustard powder and stir well. Simmer for 10 minutes, remove from heat and allow to cool.

Nutrition Facts

PROTEIN 2.99% FAT 1.78% CARBS 95.23%

Properties

Glycemic Index:5, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:2.1099999961646%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 48.86kcal (2.44%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 12.29g (4.1%), Net Carbohydrates: 12.15g (4.42%), Sugar: 9.06g (10.06%), Cholesterol: 0mg (0%), Sodium: 385.11mg (16.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.77%), Vitamin C: 6.71mg (8.13%), Potassium: 178.46mg (5.1%), Vitamin B2: 0.06mg (3.71%), Manganese: 0.07mg (3.61%), Iron: 0.62mg (3.45%), Vitamin A: 161.4IU (3.23%), Vitamin E: 0.47mg (3.12%), Vitamin B6: 0.05mg (2.68%), Vitamin B3: 0.51mg (2.53%), Copper: 0.05mg (2.36%), Magnesium: 7.04mg (1.76%), Calcium: 16.99mg (1.7%), Phosphorus: 16.15mg (1.61%), Folate: 5.86µg (1.46%)