



Basting Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



96 kcal

SAUCE

Ingredients

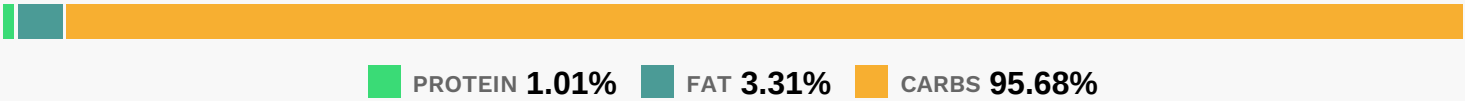
- ☐ 1 bay leaf
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.5 teaspoon hot sauce
- ☐ 2 cups red wine vinegar
- ☐ 1.5 tablespoons spices: paprika powder 1 dry
- ☐ 2 cups water
- ☐ 0.3 cup worcestershire sauce

Equipment

Directions

- ☐
- Combine all ingredients; cover and let stand 8 hours. (This may not taste pleasant when sampled by itself.)
- ☐
- Note: You can serve this recipe with John Wills's Baby Back Ribs.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.9473912715912%

Nutrients (% of daily need)

Calories: 96.02kcal (4.8%), Fat: 0.29g (0.44%), Saturated Fat: 0.15g (0.92%), Carbohydrates: 18.7g (6.23%), Net Carbohydrates: 18.36g (6.68%), Sugar: 15.24g (16.93%), Cholesterol: 0mg (0%), Sodium: 257.15mg (11.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Manganese: 0.42mg (21.13%), Iron: 2mg (11.13%), Potassium: 218.16mg (6.23%), Calcium: 56.12mg (5.61%), Vitamin C: 3.74mg (4.54%), Copper: 0.08mg (4.14%), Magnesium: 12.55mg (3.14%), Phosphorus: 23.16mg (2.32%), Vitamin B2: 0.03mg (1.53%), Fiber: 0.34g (1.36%), Vitamin B1: 0.02mg (1.01%)