



BBQ Ranch Dipping Sauce

 Gluten Free

READY IN



160 min.

SERVINGS



6

CALORIES



563 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup apple cider vinegar
- 2 teaspoons apple cider vinegar
- 0.5 cup buttermilk
- 0.3 teaspoon optional: dill dried
- 1 tablespoon chives fresh sliced
- 1 tablespoon parsley fresh chopped
- 1 clove garlic minced
- 0.5 tablespoon ground mustard

- 0.5 tablespoon ground pepper fresh black
- 2 cups catsup
- 1 tablespoon juice of lemon
- 5 tablespoons brown sugar light
- 0.8 cup mayonnaise
- 0.5 tablespoon onion powder
- 0.8 teaspoon onion powder
- 3.8 tablespoons onion powder
- 1.5 cups paprika
- 0.8 cup sugar
- 5 tablespoons sugar
- 1 cup water
- 1 tablespoon worcestershire sauce

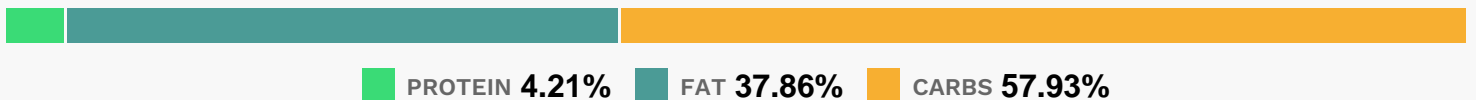
Equipment

- bowl
- sauce pan

Directions

- Watch how to make this recipe.
- Mix in all the ingredients until smooth. Cover and chill for 1 hour to meld the flavors.
- Add all ingredients to a bowl and stir until combined. Keep in an airtight container for up to 6 months.
- In a large saucepan, combine all ingredients. Bring mixture to a boil, reduce heat to a simmer. Cook uncovered, stirring frequently, for 1 hour 15 minutes.

Nutrition Facts



Properties

Glycemic Index:75.86, Glycemic Load:25.79, Inflammation Score:-10, Nutrition Score:26.284348011017%

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 Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 562.97kcal (28.15%), Fat: 25.58g (39.35%), Saturated Fat: 4.28g (26.74%), Carbohydrates: 88.08g (29.36%), Net Carbohydrates: 77.37g (28.13%), Sugar: 66.44g (73.82%), Cholesterol: 13.96mg (4.65%), Sodium: 990.36mg (43.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.81%), Vitamin A: 13845.89IU (276.92%), Vitamin K: 82.88µg (78.93%), Vitamin E: 10.02mg (66.79%), Fiber: 10.71g (42.84%), Vitamin B6: 0.77mg (38.43%), Iron: 6.72mg (37.33%), Manganese: 0.73mg (36.59%), Vitamin B2: 0.52mg (30.81%), Potassium: 998.81mg (28.54%), Vitamin B3: 3.98mg (19.89%), Magnesium: 73.39mg (18.35%), Copper: 0.34mg (16.84%), Phosphorus: 156.55mg (15.65%), Calcium: 140.39mg (14.04%), Zinc: 1.72mg (11.46%), Vitamin B1: 0.14mg (9.59%), Vitamin B5: 0.91mg (9.13%), Vitamin C: 7.47mg (9.06%), Selenium: 6.07µg (8.68%), Folate: 29.57µg (7.39%), Vitamin D: 0.32µg (2.11%), Vitamin B12: 0.13µg (2.09%)