

BBQ Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



46 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 0.3 cup cider vinegar
- ☐ 0.5 cup catsup
- ☐ 1 teaspoon salt
- ☐ 0.5 cup water
- ☐ 3 tablespoons sugar white

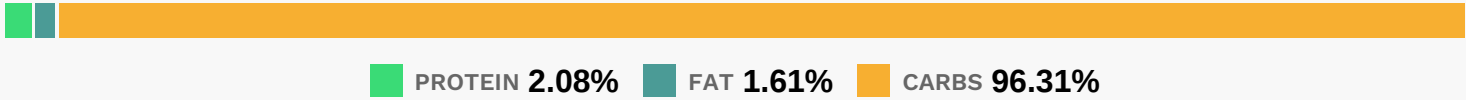
Equipment

- ☐ bowl

Directions

- ☐ In a medium bowl or bottle, combine the vinegar, ketchup, water, sugar, salt and chili powder.
- ☐ Mix well and store in the refrigerator until ready for use.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:4.23, Inflammation Score:-2, Nutrition Score:1.1130434835087%

Flavonoids

Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 46.33kcal (2.32%), Fat: 0.09g (0.13%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 11.71g (3.9%), Net Carbohydrates: 11.54g (4.2%), Sugar: 10.31g (11.46%), Cholesterol: 0mg (0%), Sodium: 575.99mg (25.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.51%), Vitamin A: 201.43IU (4.03%), Vitamin E: 0.42mg (2.79%), Manganese: 0.05mg (2.58%), Vitamin B2: 0.04mg (2.2%), Potassium: 70.17mg (2%), Vitamin B6: 0.04mg (1.93%), Vitamin B3: 0.32mg (1.62%), Copper: 0.03mg (1.25%)