



BBQ Sauce to Live For

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



8

CALORIES



132 kcal

SAUCE

Ingredients

- 1 cup barbeque sauce
- 1 cup duck sauce

Equipment

- bowl

Directions

- In a medium bowl, blend barbeque sauce and duck sauce. Chill in the refrigerator until serving.

Nutrition Facts

■ PROTEIN 7.01% ■ FAT 48.64% ■ CARBS 44.35%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.2469565324161%

Nutrients (% of daily need)

Calories: 132.19kcal (6.61%), Fat: 7.11g (10.94%), Saturated Fat: 2.33g (4.56%), Carbohydrates: 14.59g (4.86%), Net Carbohydrates: 14.26g (5.19%), Sugar: 11.87g (13.19%), Cholesterol: 13.3mg (4.43%), Sodium: 379.25mg (16.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.61%), Vitamin B3: 0.9mg (4.51%), Selenium: 2.63µg (3.76%), Iron: 0.65mg (3.6%), Potassium: 119.51mg (3.41%), Copper: 0.07mg (3.35%), Vitamin B2: 0.06mg (3.34%), Phosphorus: 31.48mg (3.15%), Vitamin B6: 0.06mg (3%), Vitamin B1: 0.04mg (2.85%), Vitamin E: 0.41mg (2.72%), Manganese: 0.05mg (2.4%), Vitamin B5: 0.23mg (2.25%), Vitamin A: 109.48IU (2.19%), Zinc: 0.3mg (1.99%), Magnesium: 7.27mg (1.82%), Vitamin K: 1.61µg (1.53%), Calcium: 13.72mg (1.37%), Fiber: 0.32g (1.29%)