



Best Barbecue Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



99 kcal

SAUCE

Ingredients

- ☐ 1 cup catsup
- ☐ 0.5 cup chili sauce
- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon liquid smoke

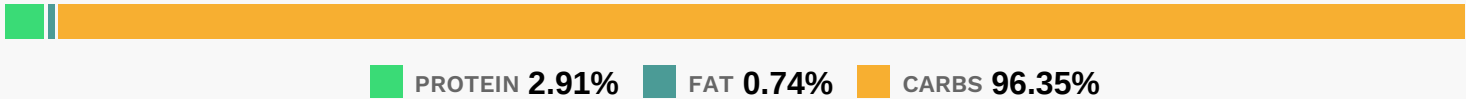
Equipment

- ☐ sauce pan

Directions

- ☐ In 2-quart saucepan, heat all ingredients to boiling; reduce heat.
- ☐ Simmer uncovered 10 minutes, stirring occasionally.
- ☐ Serve warm sauce with grilled chicken, pork or beef.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:2.302608685649%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 99.45kcal (4.97%), Fat: 0.09g (0.13%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 25.25g (8.42%), Net Carbohydrates: 24.75g (9%), Sugar: 22.06g (24.51%), Cholesterol: 0mg (0%), Sodium: 508.96mg (22.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Vitamin C: 4.69mg (5.68%), Vitamin A: 270.04IU (5.4%), Vitamin E: 0.77mg (5.12%), Potassium: 170.39mg (4.87%), Vitamin B6: 0.08mg (4.06%), Vitamin B2: 0.06mg (3.65%), Vitamin B3: 0.72mg (3.59%), Copper: 0.05mg (2.74%), Manganese: 0.05mg (2.4%), Fiber: 0.51g (2.02%), Calcium: 19.7mg (1.97%), Iron: 0.35mg (1.93%), Magnesium: 7.49mg (1.87%), Phosphorus: 17.67mg (1.77%), Vitamin K: 1.79µg (1.7%), Vitamin B1: 0.02mg (1.27%), Folate: 4.75µg (1.19%)