



Best Carolina BBQ Meat Sauce

 Gluten Free

READY IN



535 min.

SERVINGS



3

CALORIES



335 kcal

SAUCE

Ingredients

- 0.8 cup beer
- 1 teaspoon pepper black freshly ground
- 0.5 cup brown sugar packed
- 2 tablespoons butter room temperature
- 0.5 teaspoon cayenne pepper
- 1 tablespoon chili powder
- 0.8 cup cider vinegar
- 1 teaspoon hot sauce louisiana-style to taste

- 1.5 teaspoons liquid smoke flavoring
- 1 teaspoon pepper white freshly ground
- 1.5 teaspoons worcestershire sauce
- 1.5 cups mustard yellow prepared

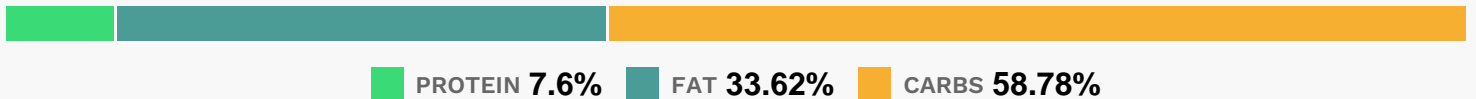
Equipment

- sauce pan

Directions

- In a heavy non-reactive saucepan, stir together the mustard, brown sugar, vinegar, and beer. Season with chili powder and black, white, and cayenne peppers. Bring to a simmer over medium-low heat, and cook for about 20 minutes. DO NOT BOIL, or you will scorch the sugar and peppers.
- Mix in the Worcestershire sauce, butter, and liquid smoke. Simmer for another 15 to 20 minutes. Taste, and season with hot sauce to your liking.
- Pour into an airtight jar, and refrigerate for overnight to allow flavors to blend. The vinegar taste may be a little strong until the sauce completely cools.

Nutrition Facts



Properties

Glycemic Index:75.5, Glycemic Load:1.59, Inflammation Score:-8, Nutrition Score:14.018695747075%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 334.8kcal (16.74%), Fat: 12.26g (18.86%), Saturated Fat: 5.2g (32.51%), Carbohydrates: 48.22g (16.07%), Net Carbohydrates: 41.5g (15.09%), Sugar: 38.13g (42.36%), Cholesterol: 20.07mg (6.69%), Sodium: 1568.92mg

(68.21%), Alcohol: 2.3g (100%), Alcohol %: 0.97% (100%), Protein: 6.23g (12.46%), Selenium: 43.92µg (62.74%), Manganese: 0.86mg (43.12%), Fiber: 6.72g (26.88%), Vitamin A: 1259.18IU (25.18%), Magnesium: 76.45mg (19.11%), Iron: 3.19mg (17.7%), Vitamin B1: 0.25mg (16.66%), Phosphorus: 164.36mg (16.44%), Calcium: 134.98mg (13.5%), Vitamin E: 1.78mg (11.86%), Potassium: 391.28mg (11.18%), Vitamin B6: 0.2mg (9.85%), Copper: 0.17mg (8.32%), Vitamin B2: 0.14mg (7.96%), Vitamin B3: 1.42mg (7.09%), Zinc: 0.99mg (6.61%), Vitamin K: 6.76µg (6.44%), Vitamin B5: 0.49mg (4.91%), Folate: 14.5µg (3.63%), Vitamin C: 2.3mg (2.79%)