

RECIPES AND SECRETS FROM A
LEGENDARY BARBECUE JOINT

Big Bob Gibson's Bar-B-Q White Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



792 kcal

SAUCE

Ingredients

- ☐ 0.5 cup apple juice
- ☐ 0.5 teaspoon ground pepper
- ☐ 2 teaspoons pepper black
- ☐ 2 teaspoons horseradish prepared
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 cups mayonnaise
- ☐ 1 teaspoon salt
- ☐ 1 cup vinegar white

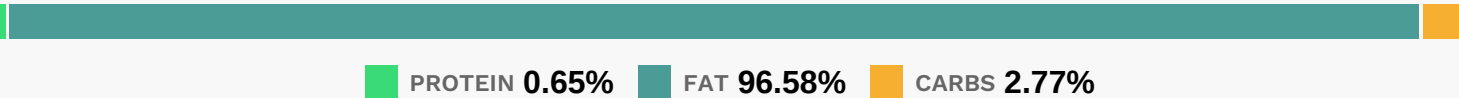
Equipment

☐ bowl

Directions

- ☐ In a large bowl, combine all the ingredients and blend well. Use as a marinade, baste, or dipping sauce. Store refrigerated in an airtight container for up to 2 weeks.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ add notes my notes
- ☐ edit my notes
- ☐ done

Nutrition Facts



Properties

Glycemic Index:59.94, Glycemic Load:1.95, Inflammation Score:-3, Nutrition Score:7.6504347985205%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 792.39kcal (39.62%), Fat: 83.92g (129.1%), Saturated Fat: 13.14g (82.1%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 4.93g (1.79%), Sugar: 3.94g (4.38%), Cholesterol: 47.04mg (15.68%), Sodium: 1305.89mg (56.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Vitamin K: 184.43µg (175.65%), Vitamin E: 3.77mg (25.1%), Manganese: 0.2mg (10.17%), Selenium: 3.07µg (4.39%), Vitamin A: 182.8IU (3.66%), Phosphorus: 31.53mg (3.15%), Vitamin C: 2.06mg (2.5%), Iron: 0.43mg (2.36%), Potassium: 82.15mg (2.35%), Vitamin B5: 0.23mg (2.27%), Copper: 0.05mg (2.27%), Vitamin B12: 0.13µg (2.24%), Calcium: 21.98mg (2.2%), Folate: 7.96µg (1.99%), Fiber: 0.47g (1.89%), Vitamin B2: 0.03mg (1.86%), Magnesium: 6.24mg (1.56%), Vitamin D: 0.22µg (1.49%), Zinc: 0.22mg (1.48%),

Vitamin B1: 0.02mg (1.36%), Vitamin B6: 0.03mg (1.33%)