



Bill's Blackstrap Barbecue Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



762 kcal

SAUCE

Ingredients

- ☐ 2 cups brown sugar
- ☐ 2 cups cider vinegar
- ☐ 1 cup hot sauce for texas pete (Bill calls)
- ☐ 0.5 cup blackstrap molasses

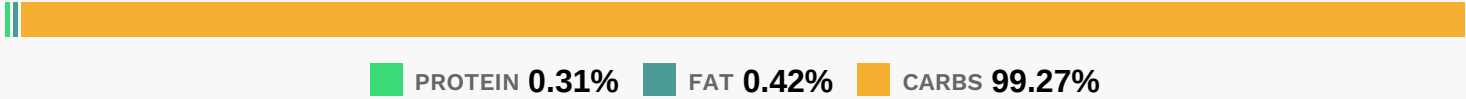
Equipment

- ☐ sauce pan

Directions

☐ Combine all ingredients in a heavy nonstick saucepan, and bring to a boil. Reduce heat to low, and simmer about an hour or until sauce is thick and shiny. Refrigerate in an airtight container up to several weeks.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:19.05, Inflammation Score:-6, Nutrition Score:15.884347731652%

Nutrients (% of daily need)

Calories: 762.48kcal (38.12%), Fat: 0.35g (0.54%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 188.72g (62.91%), Net Carbohydrates: 188.48g (68.54%), Sugar: 185.87g (206.52%), Cholesterol: 0mg (0%), Sodium: 2184.22mg (94.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.17%), Vitamin C: 59.84mg (72.53%), Manganese: 1.39mg (69.46%), Magnesium: 161.09mg (40.27%), Potassium: 1246.61mg (35.62%), Vitamin B6: 0.56mg (28.1%), Calcium: 254.43mg (25.44%), Iron: 4.4mg (24.42%), Copper: 0.38mg (18.88%), Selenium: 11.92µg (17.02%), Vitamin B5: 0.73mg (7.33%), Phosphorus: 44.83mg (4.48%), Vitamin B3: 0.89mg (4.43%), Vitamin B2: 0.07mg (3.92%), Vitamin B1: 0.05mg (3.46%), Vitamin A: 129.6IU (2.59%), Zinc: 0.36mg (2.39%), Vitamin K: 1.92µg (1.83%), Folate: 6.27µg (1.57%)