



Blackberry BBQ Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



119 kcal

SAUCE

Ingredients

- 0.1 cup brown sugar
- 0.1 teaspoon cayenne pepper
- 1.5 cups catsup
- 0.3 teaspoon ground mustard
- 0.5 cup blackberry preserves
- 2 tablespoons red wine vinegar

Equipment

- bowl

Directions

In a medium bowl, mix together blackberry preserves, ketchup, brown sugar, cayenne pepper, mustard powder, and red wine vinegar. Use to baste pork or beef ribs while grilling.

Nutrition Facts

PROTEIN 1.84% **FAT 0.63%** **CARBS 97.53%**

Properties

Glycemic Index:10.88, Glycemic Load:7.93, Inflammation Score:-2, Nutrition Score:2.2178260891334%

Flavonoids

Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 118.72kcal (5.94%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 30.39g (10.13%), Net Carbohydrates: 30g (10.91%), Sugar: 23.23g (25.81%), Cholesterol: 0mg (0%), Sodium: 416.23mg (18.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin B2: 0.09mg (5.37%), Vitamin A: 243.87IU (4.88%), Vitamin E: 0.69mg (4.63%), Vitamin C: 3.76mg (4.56%), Potassium: 149.94mg (4.28%), Vitamin B6: 0.08mg (3.89%), Vitamin B3: 0.66mg (3.3%), Copper: 0.06mg (3.1%), Manganese: 0.06mg (2.96%), Magnesium: 7.44mg (1.86%), Iron: 0.31mg (1.73%), Phosphorus: 16.78mg (1.68%), Folate: 6.56µg (1.64%), Fiber: 0.38g (1.54%), Calcium: 14.29mg (1.43%), Selenium: 0.91µg (1.31%), Vitamin K: 1.38µg (1.31%)