



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



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%)