



Blonde Barbecue Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



206 kcal

SAUCE

Ingredients

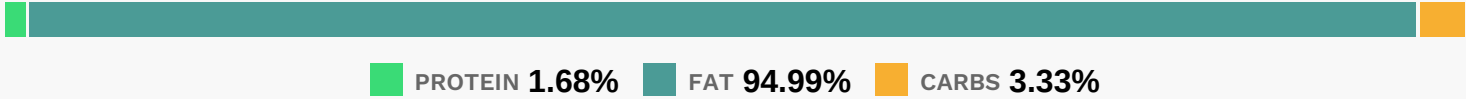
- ☐ 0.3 cup buttermilk
- ☐ 0.3 cup cider vinegar
- ☐ 0.3 teaspoon ground cumin
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 0.5 cup mayonnaise
- ☐ 1.5 teaspoons cracked pepper black
- ☐ 0.3 teaspoon salt

Equipment

Directions

☐ Stir together all ingredients. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:0.46, Inflammation Score:-1, Nutrition Score:3.5530434315619%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 205.6kcal (10.28%), Fat: 21.5g (33.07%), Saturated Fat: 3.57g (22.34%), Carbohydrates: 1.69g (0.56%), Net Carbohydrates: 1.49g (0.54%), Sugar: 1.01g (1.12%), Cholesterol: 13.41mg (4.47%), Sodium: 340.02mg (14.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.71%), Vitamin K: 46.92µg (44.69%), Manganese: 0.14mg (7.01%), Vitamin E: 0.94mg (6.29%), Calcium: 25.22mg (2.52%), Phosphorus: 21.78mg (2.18%), Vitamin B2: 0.03mg (1.95%), Selenium: 1.26µg (1.8%), Vitamin B12: 0.1µg (1.71%), Vitamin D: 0.25µg (1.67%), Potassium: 50.92mg (1.45%), Iron: 0.25mg (1.4%), Vitamin B5: 0.12mg (1.18%), Magnesium: 4.38mg (1.1%), Copper: 0.02mg (1.09%)