



## Bob's BBQ Sauce

 **Gluten Free**  **Dairy Free**

READY IN



**5 min.**

SERVINGS



**4**

CALORIES



**230 kcal**

SAUCE

## Ingredients

- 0.5 cup brown sugar
- 0.5 cup brown sugar
- 2 tablespoons apple cider vinegar
- 1 teaspoon ground mustard dry
- 1 teaspoon horseradish
- 0.3 cup catsup
- 1 teaspoon worcestershire sauce

## Equipment

bowl

## Directions

In a bowl, mix the brown sugar, cider vinegar, ketchup, dry mustard, Worcestershire sauce, and horseradish sauce. Refrigerate until ready to use.

## Nutrition Facts

**PROTEIN 0.62%** **FAT 0.77%** **CARBS 98.61%**

## Properties

Glycemic Index:18.75, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.7108695652174%

## Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 230.02kcal (11.5%), Fat: 0.2g (0.32%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 58.7g (19.57%), Net Carbohydrates: 58.56g (21.29%), Sugar: 56.86g (63.18%), Cholesterol: 0mg (0%), Sodium: 176.64mg (7.68%), Protein: 0.37g (0.73%), Calcium: 52.06mg (5.21%), Manganese: 0.08mg (4.13%), Potassium: 139.54mg (3.99%), Iron: 0.59mg (3.27%), Selenium: 1.86µg (2.65%), Vitamin B6: 0.05mg (2.46%), Magnesium: 9.66mg (2.41%), Copper: 0.05mg (2.31%), Vitamin B2: 0.03mg (1.67%), Vitamin E: 0.25mg (1.64%), Vitamin A: 78.32IU (1.57%), Vitamin B3: 0.31mg (1.57%), Vitamin C: 1.16mg (1.4%), Phosphorus: 12.13mg (1.21%)