



Bourbon and Brown Sugar Barbecue Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



114 kcal

SAUCE

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup bourbon
- ☐ 3 tablespoons brown sugar
- ☐ 1 tablespoon dijon mustard
- ☐ 1 teaspoon garlic powder
- ☐ 1 cup catsup
- ☐ 5.5 teaspoons liquid smoke

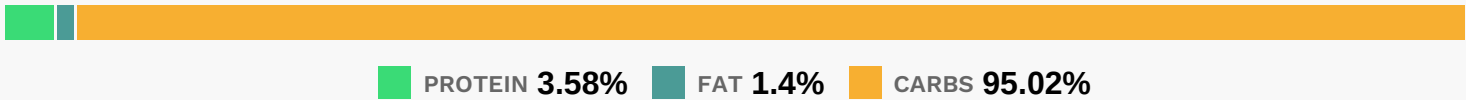
- ☐ 3 tablespoons blackstrap molasses light ()
- ☐ 1 teaspoon onion powder
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1 tablespoon soya sauce
- ☐ 2 tablespoons worcestershire sauce

Equipment

Directions

- ☐ Bring all ingredients to boil in saucepan over medium heat, stirring occasionally. Reduce heat; simmer until sauce is reduced to 2 cups, stirring often, about 10 minutes. DO AHEAD: Can be made 2 weeks ahead. Cover; chill. Use at room temperature.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:2.54, Inflammation Score:-3, Nutrition Score:3.1078261007433%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 113.51kcal (5.68%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 19.94g (6.65%), Net Carbohydrates: 19.61g (7.13%), Sugar: 16.91g (18.78%), Cholesterol: 0mg (0%), Sodium: 488.24mg (21.23%), Alcohol: 5.01g (100%), Alcohol %: 8.43% (100%), Protein: 0.75g (1.5%), Manganese: 0.21mg (10.4%), Potassium: 256.81mg (7.34%), Magnesium: 26.06mg (6.51%), Vitamin B6: 0.12mg (5.82%), Iron: 0.88mg (4.9%), Copper: 0.09mg (4.35%), Vitamin A: 196.34IU (3.93%), Vitamin B2: 0.06mg (3.7%), Selenium: 2.44µg (3.48%), Vitamin E: 0.5mg (3.33%), Vitamin B3: 0.65mg (3.27%), Calcium: 32.4mg (3.24%), Vitamin C: 1.85mg (2.25%), Phosphorus: 21.78mg (2.18%), Fiber: 0.34g (1.34%), Vitamin K: 1.32µg (1.26%), Vitamin B1: 0.02mg (1.22%), Vitamin B5: 0.1mg (1.02%)