



Bourbon Barbecue Sauce

READY IN



35 min.

SERVINGS



4

CALORIES



527 kcal

SAUCE

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup butter
- ☐ 1 chile pepper such as a serrano chopped
- ☐ 0.3 cup blackstrap molasses dark
- ☐ 0.5 cup juice of lemon
- ☐ 4 servings salt to taste
- ☐ 0.5 cup tomato sauce
- ☐ 0.3 cup vegetable oil such as canola or peanut

- ☐ 1 cup tennessee whiskey
- ☐ 0.3 cup worcestershire sauce
- ☐ 1 medium onion white yellow grated

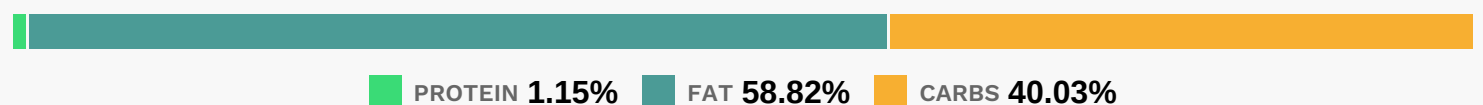
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ stove
- ☐ grater
- ☐ box grater

Directions

- ☐ Heat the butter and oil in a sauce pan over medium-high heat.² Grate the onion through the coarse grate of a box grater, or finely mince the onion if you don't have a grater.³
- ☐ Add grated onion and chile to the oil/butter combination and cook over medium heat for 3–4 minutes, or until onions turn translucent. You do not want the onions to turn color.⁴ Take the pan off the heat and add the bourbon. Return to the stove, turn up the heat to medium-high again and boil down the bourbon for 5 minutes.⁵
- ☐ Add the ketchup, lemon juice, vinegar, Worcestershire sauce, molasses, and the sugar.
- ☐ Mix well and return to a simmer.⁶ Cook the sauce for a few minutes to combine the flavors and then taste test it. Is it salty enough? (It should be from the Worcestershire sauce). If not, add salt. Is it spicy hot enough? If not, add a little cayenne powder. Is it sweet enough? If not, add some molasses.⁷
- ☐ Let the sauce cook down slowly until it thickens, about 20 minutes. Keep it on low heat while your ribs cook. Alternatively, you can make this sauce ahead of time and reheat it when you cook the meat. It will stay good in the fridge at least a week; I've held mine for two weeks with no problem.

Nutrition Facts



Properties

Glycemic Index:66.5, Glycemic Load:10.82, Inflammation Score:-8, Nutrition Score:11.850434921358%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 527.39kcal (26.37%), Fat: 25.4g (39.08%), Saturated Fat: 9.42g (58.85%), Carbohydrates: 38.9g (12.97%), Net Carbohydrates: 37.71g (13.71%), Sugar: 32.9g (36.55%), Cholesterol: 30.5mg (10.17%), Sodium: 744.08mg (32.35%), Alcohol: 21.24g (100%), Alcohol %: 9.82% (100%), Protein: 1.11g (2.23%), Vitamin C: 35.13mg (42.58%), Manganese: 0.61mg (30.3%), Vitamin K: 28.82µg (27.45%), Potassium: 825.92mg (23.6%), Magnesium: 85.02mg (21.26%), Iron: 3.15mg (17.52%), Vitamin B6: 0.32mg (16.25%), Vitamin E: 2.03mg (13.55%), Copper: 0.26mg (13.08%), Vitamin A: 614.74IU (12.29%), Calcium: 106.71mg (10.67%), Selenium: 5.77µg (8.24%), Phosphorus: 53.78mg (5.38%), Vitamin B3: 0.97mg (4.83%), Fiber: 1.19g (4.75%), Folate: 18.99µg (4.75%), Vitamin B1: 0.07mg (4.56%), Vitamin B2: 0.08mg (4.55%), Vitamin B5: 0.44mg (4.4%), Zinc: 0.32mg (2.15%)