



Bourbon Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



123 kcal

BEVERAGE

DRINK

Ingredients

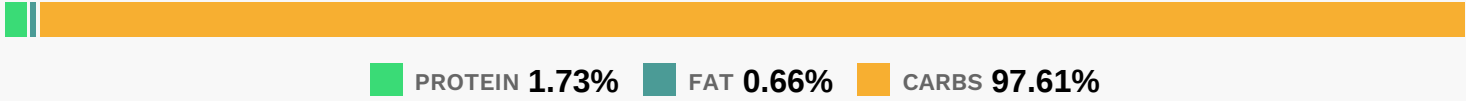
- ☐ 0.5 cup bourbon
- ☐ 0.5 cup t brown sugar dark packed
- ☐ 1 teaspoon garlic salt
- ☐ 1 cup catsup
- ☐ 1.5 teaspoons penzey's southwest seasoning
- ☐ 2 tablespoons worcestershire sauce

Equipment

Directions

☐ Stir together ketchup and next 5 ingredients.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:2.3152173900086%

Flavonoids

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

Nutrients (% of daily need)

Calories: 122.92kcal (6.15%), Fat: 0.07g (0.11%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 23.16g (7.72%), Net Carbohydrates: 22.68g (8.25%), Sugar: 20.19g (22.43%), Cholesterol: 0mg (0%), Sodium: 622.27mg (27.06%), Alcohol: 5.01g (100%), Alcohol %: 9.82% (100%), Protein: 0.41g (0.82%), Vitamin K: 6.69µg (6.37%), Manganese: 0.09mg (4.4%), Iron: 0.78mg (4.31%), Potassium: 148.59mg (4.25%), Vitamin E: 0.61mg (4.07%), Vitamin B2: 0.06mg (3.58%), Calcium: 35.4mg (3.54%), Vitamin A: 172.98IU (3.46%), Vitamin B6: 0.06mg (3.14%), Vitamin B3: 0.52mg (2.59%), Copper: 0.05mg (2.48%), Vitamin C: 1.8mg (2.19%), Magnesium: 8.19mg (2.05%), Fiber: 0.48g (1.93%), Folate: 5.37µg (1.34%), Phosphorus: 12.87mg (1.29%)