



Bourbon Whiskey BBQ Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



482 kcal

SAUCE

Ingredients

- 0.5 cup brown sugar packed
- 0.5 cup brown sugar packed
- 0.3 cup apple cider vinegar
- 4 cloves garlic minced
- 0.5 teaspoon pepper black
- 2 cups catsup
- 2 tablespoons liquid smoke
- 0.5 onion minced

- 0.3 teaspoon hot sauce hot to taste
- 0.5 tablespoon salt
- 0.3 cup tomato paste
- 0.8 cup irish whiskey
- 0.3 cup worcestershire sauce

Equipment

- frying pan
- sieve

Directions

- In a large skillet over medium heat, combine the onion, garlic, and whiskey. Simmer for 10 minutes, or until onion is translucent.
- Mix in the ground black pepper, salt, ketchup, tomato paste, vinegar, liquid smoke, Worcestershire sauce, brown sugar, and hot pepper sauce.
- Bring to a boil. Reduce heat to medium-low, and simmer for 20 minutes. Run sauce through a strainer if you prefer a smooth sauce.

Nutrition Facts

PROTEIN 2.42% **FAT 0.54%** **CARBS 97.04%**

Properties

Glycemic Index:47.25, Glycemic Load:1.77, Inflammation Score:-7, Nutrition Score:9.1800000304761%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 482.3kcal (24.12%), Fat: 0.24g (0.36%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 95.9g (31.97%), Net Carbohydrates: 94.51g (34.37%), Sugar: 83.37g (92.63%), Cholesterol: 0mg (0%), Sodium: 2356.22mg (102.44%), Alcohol: 15.93g (100%), Alcohol %: 6.73% (100%), Protein: 2.39g (4.78%), Potassium: 764.96mg (21.86%),

Manganese: 0.36mg (17.94%), Vitamin A: 881.35IU (17.63%), Vitamin E: 2.48mg (16.52%), Vitamin C: 12.94mg (15.69%), Vitamin B6: 0.3mg (15.12%), Vitamin B2: 0.25mg (14.99%), Iron: 2.37mg (13.17%), Copper: 0.25mg (12.41%), Vitamin B3: 2.46mg (12.32%), Calcium: 99.6mg (9.96%), Magnesium: 33.25mg (8.31%), Phosphorus: 69.23mg (6.92%), Vitamin K: 6.16µg (5.87%), Fiber: 1.39g (5.57%), Folate: 17.45µg (4.36%), Selenium: 2.98µg (4.26%), Vitamin B1: 0.05mg (3.42%), Zinc: 0.44mg (2.91%), Vitamin B5: 0.19mg (1.91%)