



Brie's Spicy Sweet Tangy Barbecue Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



191 kcal

SAUCE

Ingredients

- ☐ 0.5 tablespoon pepper black
- ☐ 1 teaspoon cayenne pepper
- ☐ 1.5 teaspoons cornstarch
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon garlic powder
- ☐ 3 tablespoons honey
- ☐ 2 cups catsup
- ☐ 5 tablespoons brown sugar light

- ☐ 1 tablespoon orange juice
- ☐ 1 tablespoon soya sauce
- ☐ 1 cup water
- ☐ 3 tablespoons sugar white
- ☐ 0.5 cup citrus champagne vinegar

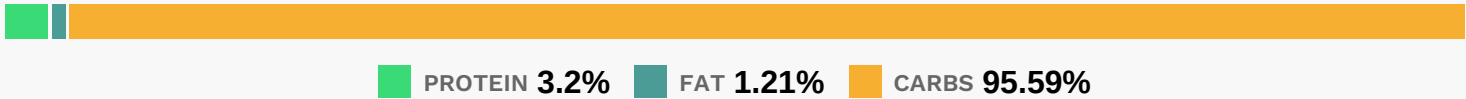
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Stir ketchup, water, brown sugar, white wine vinegar, sugar, honey, orange juice, soy sauce, Dijon mustard, garlic powder, black pepper, cornstarch, and cayenne pepper together in a saucepan; bring to a boil, whisking frequently. Reduce heat to low and simmer sauce until thickened, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:48.39, Glycemic Load:9.02, Inflammation Score:-4, Nutrition Score:4.6273912657862%

Flavonoids

Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 190.84kcal (9.54%), Fat: 0.28g (0.42%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 48.94g (16.31%), Net Carbohydrates: 48.2g (17.53%), Sugar: 41.74g (46.38%), Cholesterol: 0mg (0%), Sodium: 928.6mg (40.37%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Vitamin A: 559.28IU (11.19%), Manganese: 0.21mg (10.65%), Vitamin B2: 0.15mg (8.87%), Vitamin B6: 0.17mg (8.68%), Vitamin E: 1.29mg (8.61%), Potassium: 296.5mg (8.47%), Vitamin B3: 1.36mg (6.78%), Vitamin C: 5.13mg (6.22%), Copper: 0.11mg (5.38%), Magnesium: 17.82mg (4.45%), Iron: 0.76mg (4.2%), Phosphorus: 37.65mg (3.76%), Vitamin K: 3.53µg (3.36%), Calcium: 29.63mg (2.96%),

Fiber: 0.74g (2.96%), Selenium: 2.06µg (2.95%), Folate: 10.14µg (2.54%), Zinc: 0.26mg (1.72%), Vitamin B1: 0.03mg (1.69%)