



## Brisket Mopping Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

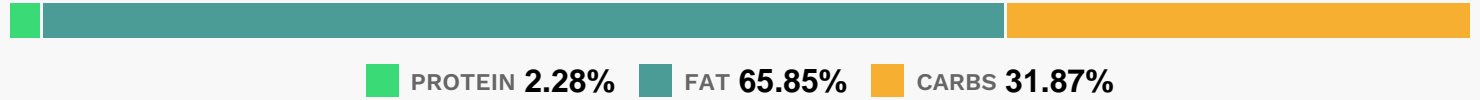
- 1 cup apple cider vinegar
- 12 ounce beer
- 4 garlic cloves minced
- 1 onion minced
- 2 tablespoons brisket rub
- 0.3 cup vegetable oil
- 0.5 cup water
- 0.5 cup worcestershire sauce

# Equipment

## Directions

Stir together all ingredients until blended.

## Nutrition Facts



## Properties

Glycemic Index:34.38, Glycemic Load:2.29, Inflammation Score:-5, Nutrition Score:6.930869616892%

## Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg 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: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

## Nutrients (% of daily need)

Calories: 217.64kcal (10.88%), Fat: 13.82g (21.26%), Saturated Fat: 2.16g (13.49%), Carbohydrates: 15.05g (5.02%), Net Carbohydrates: 14.29g (5.2%), Sugar: 4.93g (5.48%), Cholesterol: 0mg (0%), Sodium: 456.89mg (19.86%), Alcohol: 3.32g (100%), Alcohol %: 1.65% (100%), Protein: 1.08g (2.15%), Vitamin K: 41.67µg (39.68%), Manganese: 0.38mg (18.92%), Iron: 2.78mg (15.42%), Potassium: 407.44mg (11.64%), Vitamin C: 7.68mg (9.31%), Vitamin E: 1.18mg (7.84%), Calcium: 76.93mg (7.69%), Vitamin B6: 0.14mg (6.79%), Copper: 0.12mg (5.95%), Phosphorus: 53.3mg (5.33%), Magnesium: 20.83mg (5.21%), Vitamin B2: 0.08mg (4.73%), Folate: 15.93µg (3.98%), Vitamin B3: 0.79mg (3.95%), Vitamin B1: 0.05mg (3.48%), Fiber: 0.76g (3.03%), Selenium: 1.45µg (2.07%), Zinc: 0.25mg (1.63%), Vitamin A: 80.62IU (1.61%)