



Brisket Red Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



341 kcal

SAUCE

Ingredients

- 1.5 cups apple cider vinegar
- 0.5 teaspoon pepper black
- 0.5 cup firmly brown sugar packed
- 0.5 tablespoon garlic powder
- 0.5 tablespoon ground cumin
- 0.5 teaspoon ground pepper red
- 1 cup catsup
- 0.5 teaspoon onion powder

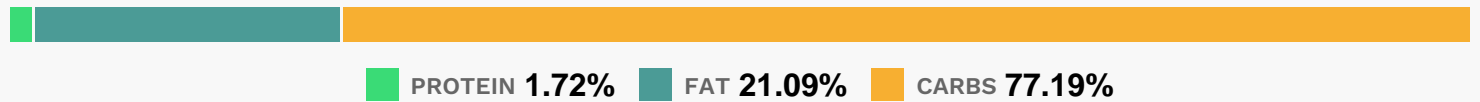
- 1 teaspoon salt
- 2 tablespoons butter unsalted melted
- 0.3 cup worcestershire sauce

Equipment

Directions

- Stir together all ingredients until blended.
- Serve sauce heated or at room temperature.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:7.3573913185493%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 340.99kcal (17.05%), Fat: 7.95g (12.24%), Saturated Fat: 4.84g (30.25%), Carbohydrates: 65.48g (21.83%), Net Carbohydrates: 64.79g (23.56%), Sugar: 55.5g (61.66%), Cholesterol: 20.07mg (6.69%), Sodium: 1818.83mg (79.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.93%), Manganese: 0.5mg (25.12%), Potassium: 594.75mg (16.99%), Vitamin A: 814.97IU (16.3%), Iron: 2.81mg (15.63%), Vitamin E: 1.55mg (10.33%), Vitamin B2: 0.17mg (10.28%), Calcium: 91.65mg (9.17%), Vitamin B6: 0.18mg (8.98%), Copper: 0.17mg (8.31%), Vitamin C: 6.68mg (8.1%), Magnesium: 29mg (7.25%), Vitamin B3: 1.44mg (7.19%), Phosphorus: 60.9mg (6.09%), Vitamin K: 4.17µg (3.97%), Folate: 11.03µg (2.76%), Fiber: 0.69g (2.76%), Vitamin B1: 0.04mg (2.69%), Selenium: 1.79µg (2.56%), Zinc: 0.36mg (2.42%), Vitamin B5: 0.11mg (1.13%)