



Brown Sugar Barbecue Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



56 kcal

SAUCE

Ingredients

- ☐ 2 teaspoons barbecue seasoning smoked (such as Hickory Liquid Smoke)
- ☐ 0.3 teaspoon celery seed
- ☐ 2 teaspoons chili powder
- ☐ 3 tablespoons apple cider vinegar
- ☐ 0.7 cup t brown sugar dark packed
- ☐ 2 teaspoons ground mustard dry
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon ground cloves

- ☐ 0.3 teaspoon ground pepper red
- ☐ 1.5 tablespoons blackstrap molasses
- ☐ 1 teaspoon onion powder
- ☐ 2 teaspoons paprika
- ☐ 1 teaspoon salt
- ☐ 6 ounce canned tomatoes canned
- ☐ 1.5 cups tomato sauce
- ☐ 1 tablespoon worcestershire sauce

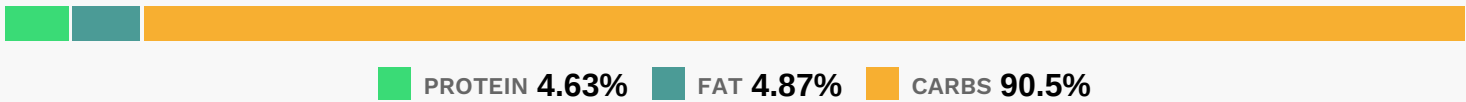
Equipment

- ☐ sauce pan

Directions

- ☐ Combine tomato sauce, sugar, vinegar, molasses, Worcestershire sauce, and the remaining ingredients in a large saucepan over medium-high heat; bring to a simmer. Cook 15 minutes, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:13.69, Glycemic Load:1.25, Inflammation Score:-3, Nutrition Score:3.0660869401434%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg

Nutrients (% of daily need)

Calories: 56.21kcal (2.81%), Fat: 0.32g (0.5%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 13.57g (4.52%), Net Carbohydrates: 12.7g (4.62%), Sugar: 11.79g (13.1%), Cholesterol: 0mg (0%), Sodium: 290.22mg (12.62%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.69g (1.39%), Manganese: 0.17mg (8.34%), Vitamin A: 349.77IU (7%), Vitamin K: 6.73µg (6.41%), Iron: 0.94mg (5.24%), Potassium: 169.89mg (4.85%), Vitamin E: 0.67mg (4.45%), Vitamin B6: 0.08mg (3.91%), Copper: 0.07mg (3.74%), Magnesium: 14.82mg (3.7%), Vitamin C: 2.88mg (3.49%), Fiber: 0.87g (3.48%), Calcium: 29.25mg (2.93%), Vitamin B3: 0.48mg (2.41%), Selenium: 1.33µg (1.91%), Vitamin B2: 0.03mg (0.6%)

(1.75%), Phosphorus: 17.16mg (1.72%), Vitamin B1: 0.02mg (1.42%), Vitamin B5: 0.14mg (1.4%), Folate: 5.24µg (1.31%), Zinc: 0.16mg (1.06%)