



Bubba's Best BBQ Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



3

CALORIES



572 kcal

SAUCE

Ingredients

- 2.5 teaspoons balsamic vinegar
- 0.5 cup brown sugar packed
- 0.3 cup butter
- 1 cup tomato sauce canned
- 1 tablespoon chili powder
- 0.5 cup cider vinegar
- 1 cup cola-flavored carbonated beverage
- 1 teaspoon savory dried

- 1 teaspoon garlic salt
- 0.5 cup blackstrap molasses
- 1 teaspoon onion powder
- 1 teaspoon pepper sauce hot
- 1.5 tablespoons steak sauce
- 6 ounce tomato paste canned
- 0.5 cup worcestershire sauce
- 1 tablespoon mustard yellow

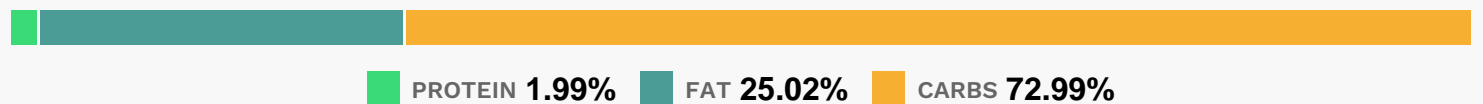
Equipment

- sauce pan

Directions

- In a large saucepan, mix together the cola, tomato sauce, tomato paste, butter, Worcestershire sauce, brown sugar, molasses, cider and balsamic vinegars, steak sauce, and mustard. Season with chili powder, savory, onion powder, garlic salt, and hot pepper sauce, and stir to blend. Cook over low heat, stirring occasionally, until the mixture is thick enough to coat the back of a metal spoon.

Nutrition Facts



Properties

Glycemic Index:120.67, Glycemic Load:26.28, Inflammation Score:-9, Nutrition Score:21.103913102461%

Nutrients (% of daily need)

Calories: 572.23kcal (28.61%), Fat: 16.4g (25.23%), Saturated Fat: 9.87g (61.69%), Carbohydrates: 107.62g (35.87%), Net Carbohydrates: 103.94g (37.8%), Sugar: 96.42g (107.13%), Cholesterol: 40.67mg (13.56%), Sodium: 2249.93mg (97.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.29mg (2.1%), Protein: 2.93g (5.87%), Manganese: 1.27mg (63.64%), Potassium: 1775.9mg (50.74%), Magnesium: 180.26mg (45.06%), Iron: 7.76mg (43.09%), Vitamin A: 1804.67IU (36.09%), Copper: 0.63mg (31.74%), Vitamin B6: 0.63mg (31.58%), Calcium: 252.59mg (25.26%), Vitamin E: 3.49mg (23.23%), Vitamin C: 18.61mg (22.56%), Selenium: 14.21µg (20.3%), Fiber: 3.68g (14.71%), Vitamin B3: 2.81mg (14.03%), Phosphorus: 121.17mg (12.12%), Vitamin B2: 0.18mg (10.81%), Vitamin B5: 0.98mg (9.76%),

Vitamin K: 10.19 μ g (9.71%), Vitamin B1: 0.14mg (9.37%), Zinc: 0.85mg (5.67%), Folate: 21.52 μ g (5.38%)