



Butt Stompin' Barbeque Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



313 kcal

SAUCE

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 2 tablespoons butter
- ☐ 1 cup chili sauce
- ☐ 2 teaspoons mustard dry
- ☐ 1 clove garlic minced
- ☐ 1 habanero pepper seeded chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 1 small onion minced

- ☐ 1 pinch pepper
- ☐ 2 tablespoons pepper sauce hot
- ☐ 0.5 cup pineapple crushed
- ☐ 1 cup pineapple juice
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.5 cup bourbon whiskey
- ☐ 2 tablespoons worcestershire sauce

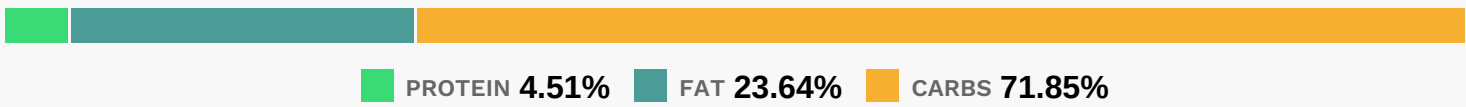
Equipment

- ☐ sauce pan

Directions

- ☐ Melt butter in a large saucepan over medium heat.
- ☐ Add onions, and saute until they are transparent. Stir in the garlic, wine vinegar, chili sauce, pineapple juice, pineapple, brown sugar, and lemon juice. Season with Worcestershire sauce, dry mustard, pepper, hot pepper sauce, and habanero pepper. Bring to a boil, reduce heat, and simmer for 20 to 25 minutes.
- ☐ Stir in the bourbon, and simmer for an additional 10 minutes. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:61.25, Glycemic Load:3.96, Inflammation Score:-7, Nutrition Score:8.9965216627587%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 313.3kcal (15.67%), Fat: 6.42g (9.88%), Saturated Fat: 3.67g (22.95%), Carbohydrates: 43.92g (14.64%), Net Carbohydrates: 41.26g (15%), Sugar: 34.62g (38.47%), Cholesterol: 15.05mg (5.02%), Sodium: 1249.34mg (54.32%), Alcohol: 10.62g (100%), Alcohol %: 5.13% (100%), Protein: 2.76g (5.52%), Vitamin C: 33.72mg (40.87%), Manganese: 0.39mg (19.26%), Potassium: 519.95mg (14.86%), Vitamin A: 699.13IU (13.98%), Vitamin B6: 0.26mg (12.84%), Fiber: 2.66g (10.65%), Copper: 0.21mg (10.59%), Vitamin E: 1.59mg (10.59%), Vitamin B1: 0.16mg (10.54%), Iron: 1.62mg (9.03%), Vitamin B3: 1.51mg (7.57%), Magnesium: 29.67mg (7.42%), Phosphorus: 68.33mg (6.83%), Folate: 26.71µg (6.68%), Calcium: 58.39mg (5.84%), Vitamin B2: 0.1mg (5.7%), Selenium: 3.5µg (5%), Vitamin K: 5.19µg (4.94%), Zinc: 0.36mg (2.38%), Vitamin B5: 0.12mg (1.15%)