



## Buzzsaw's BBQ Sauce

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



60 kcal

SAUCE

### Ingredients

- 1 teaspoon cornstarch
- 1 clove garlic minced
- 1 cup catsup
- 2 tablespoons blackstrap molasses
- 1 teaspoon mustard prepared
- 0.5 onion diced
- 1 teaspoon vegetable oil
- 3 tablespoons vinegar

- 0.5 cup water cold
- 3 tablespoons worcestershire sauce

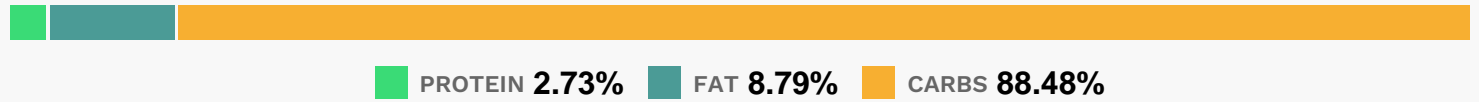
## Equipment

- sauce pan

## Directions

- Heat the oil in a saucepan over medium heat, and saute the onion until tender and golden brown. Stir in garlic.
- Mix in Worcestershire sauce, vinegar, molasses, and mustard. Cook and stir 5 minutes, then mix in ketchup, cold water, and cornstarch. Reduce heat to low, and continue cooking 10 minutes, until thickened.

## Nutrition Facts



## Properties

Glycemic Index:22.88, Glycemic Load:1.82, Inflammation Score:-2, Nutrition Score:2.5226086956522%

## Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

## Nutrients (% of daily need)

Calories: 60.4kcal (3.02%), Fat: 0.63g (0.97%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 14.21g (4.74%), Net Carbohydrates: 13.97g (5.08%), Sugar: 11.07g (12.3%), Cholesterol: 0mg (0%), Sodium: 364.92mg (15.87%), Protein: 0.44g (0.88%), Manganese: 0.13mg (6.37%), Potassium: 220.91mg (6.31%), Vitamin B6: 0.09mg (4.71%), Magnesium: 18.13mg (4.53%), Iron: 0.71mg (3.96%), Vitamin B2: 0.06mg (3.58%), Copper: 0.07mg (3.49%), Vitamin E: 0.49mg (3.29%), Vitamin C: 2.69mg (3.26%), Vitamin A: 159.55IU (3.19%), Vitamin B3: 0.53mg (2.67%), Calcium: 25.03mg (2.5%), Selenium: 1.47µg (2.1%), Vitamin K: 2.04µg (1.94%), Phosphorus: 16.69mg (1.67%), Folate: 4.57µg (1.14%)