



Canadian Barn BBQ Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



3

CALORIES



624 kcal

SAUCE

Ingredients

- 0.5 cup apple sauce
- 0.5 teaspoon pepper black
- 2 cups brown sugar packed
- 0.5 teaspoon garlic salt
- 0.5 teaspoon ground cinnamon
- 0.5 cup catsup
- 6 tablespoons juice of lemon
- 0.5 teaspoon paprika

0.5 teaspoon salt

Equipment

bowl

Directions

In a medium bowl, mix applesauce, ketchup, packed brown sugar, lemon juice, salt, black pepper, paprika, garlic salt and ground cinnamon. Use the mixture to marinate ribs in the refrigerator for at least 30 minutes before preparing as desired. Also use for basting the ribs while cooking.

Nutrition Facts

PROTEIN 0.53% **FAT 0.29%** **CARBS 99.18%**

Properties

Glycemic Index:17.33, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:5.422173914702%

Flavonoids

Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 624.01kcal (31.2%), Fat: 0.21g (0.32%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 162.17g (54.06%), Net Carbohydrates: 161.13g (58.59%), Sugar: 155.41g (172.67%), Cholesterol: 0mg (0%), Sodium: 1180.47mg (51.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Vitamin C: 13.67mg (16.57%), Calcium: 137.22mg (13.72%), Manganese: 0.26mg (12.76%), Potassium: 382.09mg (10.92%), Iron: 1.44mg (7.98%), Vitamin B6: 0.16mg (7.84%), Vitamin A: 385.78IU (7.72%), Copper: 0.13mg (6.36%), Magnesium: 22.8mg (5.7%), Vitamin E: 0.8mg (5.35%), Vitamin B2: 0.09mg (5.17%), Vitamin B3: 0.84mg (4.18%), Fiber: 1.03g (4.14%), Selenium: 2.24µg (3.2%), Folate: 12.53µg (3.13%), Vitamin B5: 0.28mg (2.83%), Phosphorus: 22.49mg (2.25%), Vitamin K: 2.32µg (2.21%), Vitamin B1: 0.02mg (1.58%), Zinc: 0.17mg (1.1%)