



Carolina BBQ Pork Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



78 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon pepper red crushed
- ☐ 0.7 cup catsup
- ☐ 1 teaspoon pepper flakes red
- ☐ 4 servings salt and pepper to taste
- ☐ 1 cup water
- ☐ 2 cups distilled vinegar white
- ☐ 1 tablespoon sugar white

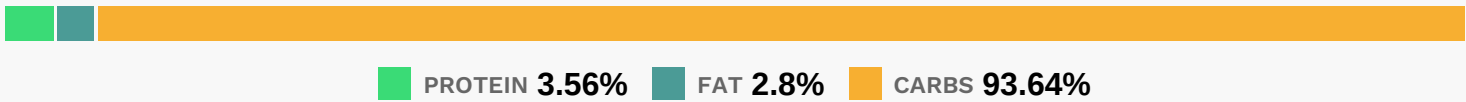
Equipment

sauce pan

Directions

In a sauce pan, combine vinegar, ketchup, water and sugar. Season with salt, black pepper, cayenne pepper and red pepper flakes. Bring to a boil, reduce heat and simmer until sugar is dissolved.

Nutrition Facts



Properties

Glycemic Index:30.02, Glycemic Load:2.12, Inflammation Score:-4, Nutrition Score:2.6073912900427%

Flavonoids

Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 77.72kcal (3.89%), Fat: 0.19g (0.3%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 14.5g (4.83%), Net Carbohydrates: 14.03g (5.1%), Sugar: 11.64g (12.93%), Cholesterol: 0mg (0%), Sodium: 578.53mg (25.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Vitamin A: 501.7IU (10.03%), Vitamin E: 0.97mg (6.44%), Manganese: 0.13mg (6.37%), Vitamin B2: 0.08mg (4.49%), Vitamin B6: 0.08mg (4.21%), Potassium: 134.55mg (3.84%), Vitamin B3: 0.69mg (3.44%), Copper: 0.06mg (3.07%), Vitamin K: 2.26µg (2.15%), Magnesium: 8.56mg (2.14%), Vitamin C: 1.65mg (2%), Iron: 0.35mg (1.97%), Calcium: 18.87mg (1.89%), Fiber: 0.47g (1.87%), Phosphorus: 18.5mg (1.85%), Selenium: 1.14µg (1.63%)