



Carolina-Style BBQ Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



52 kcal

SAUCE

Ingredients

- 1 apples cored peeled chopped
- 1 cup apple cider vinegar
- 2 tablespoons brown sugar
- 1 tablespoon ground pepper black to taste
- 1 tablespoon pepper flakes red to taste
- 0.5 teaspoon vegetable oil
- 2 tablespoons mustard yellow

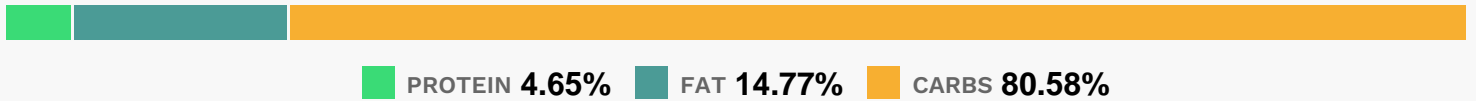
Equipment

- sauce pan
- whisk
- blender

Directions

- Heat oil in a saucepan over medium heat.
- Place apple pieces in saucepan; cook and stir until they are slightly caramelized, about 2 minutes.
- Stir brown sugar into apples; cook, stirring constantly, until the mixture starts to bubble, about 2 minutes.
- Pour apple cider vinegar into saucepan. Reduce heat to low and cover. Cook until the apples are soft and falling apart, about 30 minutes.
- Remove from heat.
- Whisk in mustard, red pepper flakes, and black pepper.
- Transfer mixture to blender and puree until completely smooth.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:1.39, Inflammation Score:-3, Nutrition Score:2.8443478125593%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 51.97kcal (2.6%), Fat: 0.82g (1.26%), Saturated Fat: 0.13g (0.78%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 8.39g (3.05%), Sugar: 7.37g (8.19%), Cholesterol: 0mg (0%), Sodium: 80.48mg (3.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Manganese: 0.28mg (14.17%), Vitamin A: 420.73IU (8.41%), Fiber: 1.66g (6.64%), Vitamin K: 4.48µg (4.27%), Vitamin E: 0.62mg (4.14%), Potassium: 113.64mg (3.25%), Iron: 0.55mg (3.07%), Selenium: 2.11µg (3.01%), Magnesium: 9.97mg (2.49%), Vitamin B6: 0.05mg (2.42%), Copper: 0.04mg (2.18%), Calcium: 19.91mg (1.99%), Phosphorus: 17.66mg (1.77%), Vitamin C: 1.42mg (1.73%), Vitamin B2: 0.03mg (1.5%), Vitamin B1: 0.02mg (1.27%), Vitamin B3: 0.23mg (1.13%)