



Carol's Spicy BBQ Sauce



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



36 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons garlic minced
- ☐ 0.3 teaspoon meat tenderizer
- ☐ 0.3 teaspoon onion powder
- ☐ 1 tablespoon pepper sauce hot
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 2 tablespoons steak sauce
- ☐ 1 tablespoon worcestershire sauce

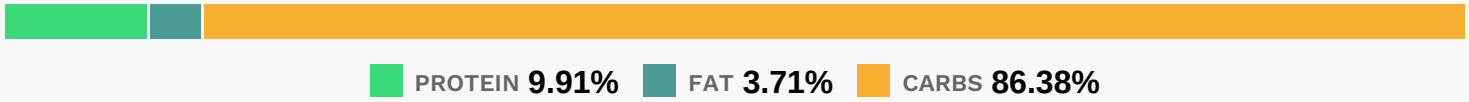
Equipment

- ☐ bowl
- ☐ meat tenderizer

Directions

- ☐ In a small bowl, combine the hot pepper sauce, Worcestershire sauce, steak sauce, meat tenderizer, onion powder, crushed red pepper flakes and minced garlic.
- ☐ Mix together well and apply to your favorite meat.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.74, Inflammation Score:-2, Nutrition Score:2.8808695630211%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 35.69kcal (1.78%), Fat: 0.15g (0.24%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 8.02g (2.67%), Net Carbohydrates: 7.48g (2.72%), Sugar: 2.52g (2.8%), Cholesterol: 0.39mg (0.13%), Sodium: 536.15mg (23.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Vitamin C: 9.55mg (11.58%), Manganese: 0.17mg (8.53%), Vitamin B6: 0.14mg (6.84%), Iron: 0.88mg (4.88%), Potassium: 165.86mg (4.74%), Copper: 0.08mg (3.76%), Calcium: 28.76mg (2.88%), Vitamin A: 136.52IU (2.73%), Phosphorus: 25.85mg (2.59%), Selenium: 1.58µg (2.26%), Fiber: 0.54g (2.15%), Vitamin B2: 0.04mg (2.14%), Vitamin B1: 0.03mg (2.1%), Vitamin E: 0.29mg (1.95%), Vitamin B3: 0.36mg (1.82%), Magnesium: 6.8mg (1.7%), Zinc: 0.19mg (1.28%)