



Cider Vinegar Barbecue Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



54 kcal

SAUCE

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 1 teaspoon browning and seasoning sauce
- ☐ 1.5 cups cider vinegar
- ☐ 1 tablespoon hot sauce
- ☐ 0.3 cup catsup
- ☐ 0.5 teaspoon onion powder
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt

☐

0.5 teaspoon worcestershire sauce

Equipment

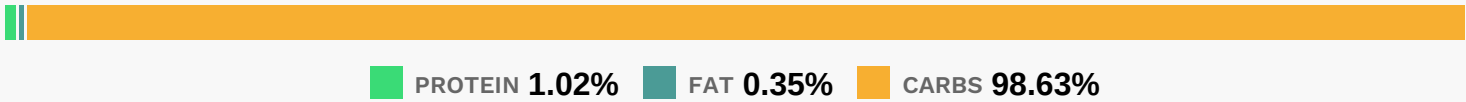
☐

sauce pan

Directions

- ☐
- Stir together all ingredients in a medium saucepan; cook over medium heat, stirring constantly, 7 minutes or until sugar dissolves. Cover and chill sauce until ready to serve.
- ☐
- Serve with Smoked Pork Shoulder.
- ☐
- Note: For testing purposes only, we used Texas Pete Hot Sauce and Kitchen Bouquet Browning & Seasoning Sauce.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:0.98347825006298%

Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 54.28kcal (2.71%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 11.87g (3.96%), Net Carbohydrates: 11.79g (4.29%), Sugar: 10.86g (12.07%), Cholesterol: 0mg (0%), Sodium: 267.36mg (11.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.25%), Manganese: 0.14mg (7.18%), Potassium: 74.24mg (2.12%), Vitamin C: 1.6mg (1.94%), Calcium: 13.53mg (1.35%), Iron: 0.23mg (1.26%), Magnesium: 4.53mg (1.13%)