



## Cola Barbecue Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



73 kcal

SAUCE

### Ingredients

- 1 tablespoon butter
- 0.8 cup coca-cola
- 1 tablespoon ginger fresh minced
- 1 garlic clove minced
- 0.8 cup catsup
- 2 tablespoons juice of lemon fresh
- 0.5 teaspoon lemon zest grated
- 0.5 teaspoon liquid smoke

- 0.5 small onion minced
- 0.5 teaspoon pepper
- 6 servings salt to taste
- 2 tablespoons steak sauce
- 2 tablespoons worcestershire sauce

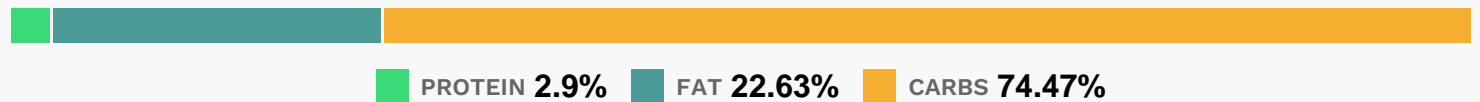
## Equipment

- sauce pan

## Directions

- Melt butter in a heavy saucepan over medium heat.
- Add onion, ginger, and garlic; saut 3 minutes or until tender.
- Stir in reserved cola; bring mixture to a boil. Stir in ketchup and remaining ingredients; bring to a boil. Reduce heat, and simmer 5 minutes.
- Note: For testing purposes only, we used A1 Steak Sauce.

## Nutrition Facts



## Properties

Glycemic Index:36.17, Glycemic Load:1.99, Inflammation Score:-2, Nutrition Score:2.2686956476258%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

## Nutrients (% of daily need)

Calories: 72.67kcal (3.63%), Fat: 1.97g (3.04%), Saturated Fat: 1.21g (7.58%), Carbohydrates: 14.63g (4.88%), Net Carbohydrates: 14.25g (5.18%), Sugar: 10.5g (11.67%), Cholesterol: 5.02mg (1.67%), Sodium: 639.73mg (27.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin C: 5.1mg (6.19%), Potassium: 169.42mg

(4.84%), Vitamin A: 232.89IU (4.66%), Manganese: 0.08mg (4%), Vitamin B2: 0.06mg (3.79%), Vitamin E: 0.57mg (3.79%), Vitamin B6: 0.07mg (3.54%), Iron: 0.56mg (3.1%), Copper: 0.06mg (2.82%), Vitamin B3: 0.54mg (2.71%), Phosphorus: 19.9mg (1.99%), Magnesium: 7.36mg (1.84%), Calcium: 16.48mg (1.65%), Fiber: 0.37g (1.49%), Folate: 5.93µg (1.48%), Vitamin K: 1.54µg (1.46%)