



Creole Barbecue Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



348 kcal

SAUCE

Ingredients

- 1 bay leaf
- 0.5 cup butter
- 0.3 cup catsup
- 6 stalks celery chopped
- 2 tablespoons celery seed
- 1 teaspoon mustard dry
- 1 teaspoon garlic salt
- 2 drops hot sauce

- 1 optional: lemon thinly sliced
- 1 teaspoon pepper
- 1 large onion red chopped
- 2 tablespoons bell pepper red
- 1 tablespoon salt
- 0.3 cup sugar
- 2 cups vinegar
- 2 cups water
- 0.3 cup worcestershire sauce

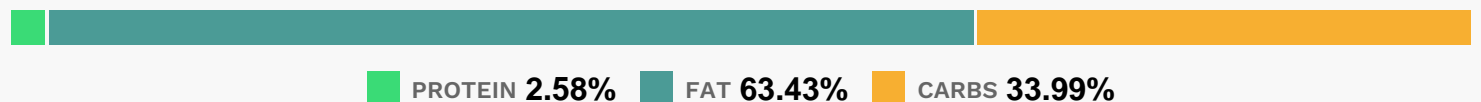
Equipment

- dutch oven

Directions

- Place all ingredients in a large Dutch oven, mixing well. Bring to a boil; reduce heat, and simmer 30 minutes, stirring occasionally. Use sauce for barbecuing beef, pork, or chicken.

Nutrition Facts



Properties

Glycemic Index:67.15, Glycemic Load:10.15, Inflammation Score:-8, Nutrition Score:10.520869554385%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg Luteolin: 24.05mg, Luteolin: 24.05mg, Luteolin: 24.05mg, Luteolin: 24.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg

Nutrients (% of daily need)

Calories: 347.6kcal (17.38%), Fat: 24.08g (37.05%), Saturated Fat: 4.87g (30.46%), Carbohydrates: 29.04g (9.68%), Net Carbohydrates: 26.17g (9.51%), Sugar: 20.34g (22.6%), Cholesterol: 0mg (0%), Sodium: 3029.15mg (131.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Vitamin C: 28mg (33.94%), Vitamin A: 1533.79IU (30.68%), Manganese: 0.51mg (25.37%), Vitamin K: 19.4µg (18.47%), Iron: 2.84mg (15.79%), Potassium: 491.26mg (14.04%), Calcium: 136.39mg (13.64%), Fiber: 2.88g (11.5%), Vitamin E: 1.46mg (9.71%), Folate: 36.21µg (9.05%), Magnesium: 35.58mg (8.9%), Copper: 0.17mg (8.51%), Vitamin B6: 0.17mg (8.51%), Phosphorus: 75.17mg (7.52%), Vitamin B2: 0.12mg (7.21%), Vitamin B1: 0.07mg (4.67%), Selenium: 2.83µg (4.04%), Vitamin B3: 0.76mg (3.8%), Zinc: 0.49mg (3.26%), Vitamin B5: 0.29mg (2.9%)