



Deforest Gibbs Barbecue Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



10

CALORIES



47 kcal

SAUCE

Ingredients

- 1 ounce balsamic vinegar
- 1 ounce brown sugar
- 1 ounce hot sauce
- 2 ounces catsup
- 2 ounces pasilla peppers diced hot seeded
- 1 ounce sugar
- 1 ounce tequila
- 1 tablespoon worcestershire sauce

4 ounces mustard yellow

Equipment

frying pan

Directions

Using a medium-size skillet, begin by heating the mustard.

Add the brown sugar, sugar, hot sauce, vinegar, peppers, Worcestershire sauce, ketchup, and tequila.

Mix all of the ingredients well and heat but do not bring to a boil. Once the sauce is well mixed, serve with you favorite meats or store, refrigerated, in an airtight container.

Nutrition Facts



PROTEIN 6.3% **FAT 9.05%** **CARBS 84.65%**

Properties

Glycemic Index:21.21, Glycemic Load:2.44, Inflammation Score:-2, Nutrition Score:2.1426087125488%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 47.26kcal (2.36%), Fat: 0.43g (0.67%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 8.52g (3.1%), Sugar: 7.88g (8.75%), Cholesterol: 0mg (0%), Sodium: 275.2mg (11.97%), Alcohol: 0.95g (100%), Alcohol %: 3.11% (100%), Protein: 0.68g (1.36%), Vitamin C: 10.77mg (13.05%), Selenium: 3.98µg (5.69%), Manganese: 0.07mg (3.55%), Vitamin B6: 0.05mg (2.56%), Fiber: 0.6g (2.39%), Iron: 0.41mg (2.25%), Potassium: 75.94mg (2.17%), Magnesium: 8.44mg (2.11%), Vitamin A: 97.05IU (1.94%), Vitamin B1: 0.03mg (1.9%), Phosphorus: 18.26mg (1.83%), Vitamin B2: 0.03mg (1.59%), Calcium: 13.98mg (1.4%), Copper: 0.03mg (1.38%), Vitamin B3: 0.24mg (1.19%), Vitamin K: 1.22µg (1.16%), Vitamin E: 0.17mg (1.11%)