

Delicious Barbeque Sauce



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



3

CALORIES



474 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons cider vinegar
- ☐ 1 tablespoon mustard dry hot
- ☐ 1 cup taco sauce
- ☐ 0.5 cup blackstrap molasses
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 dash pepper sauce hot
- ☐ 2 tablespoons soya sauce
- ☐ 0.5 cup vegetable oil

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0.5 cup sugar white

Equipment

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bowl

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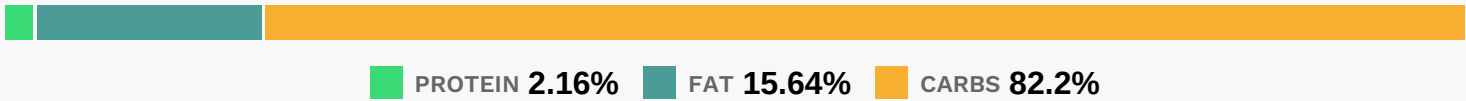
whisk

Directions

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In a medium bowl, whisk together taco sauce, white sugar, molasses, vegetable oil, cider vinegar, soy sauce, dry hot mustard, dried oregano and hot pepper sauce. Chill covered in the refrigerator until ready for use.

Nutrition Facts



Properties

Glycemic Index:58.03, Glycemic Load:41.86, Inflammation Score:-7, Nutrition Score:10.909999888228%

Nutrients (% of daily need)

Calories: 473.71kcal (23.69%), Fat: 8.38g (12.89%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 99.12g (33.04%), Net Carbohydrates: 98.6g (35.85%), Sugar: 93.86g (104.29%), Cholesterol: 0mg (0%), Sodium: 1639.55mg (71.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Manganese: 1.02mg (50.96%), Magnesium: 150.76mg (37.69%), Potassium: 874.91mg (25%), Selenium: 15.17µg (21.68%), Vitamin B6: 0.41mg (20.66%), Iron: 3.31mg (18.4%), Copper: 0.31mg (15.5%), Vitamin K: 15.56µg (14.82%), Calcium: 130.11mg (13.01%), Vitamin B3: 1.12mg (5.61%), Phosphorus: 53.63mg (5.36%), Vitamin B5: 0.52mg (5.19%), Vitamin E: 0.77mg (5.16%), Vitamin B1: 0.05mg (3.3%), Zinc: 0.37mg (2.48%), Fiber: 0.52g (2.09%), Vitamin B2: 0.03mg (1.97%), Folate: 6.73µg (1.68%)