



Dr. Pepper Barbecue Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



288 kcal

SAUCE

Ingredients

- ☐ 2 teaspoons chili powder
- ☐ 0.5 cup apple cider vinegar
- ☐ 0.5 cup t brown sugar dark packed
- ☐ 12 ounce dr. pepper canned
- ☐ 4 cloves garlic chopped
- ☐ 1 teaspoon pepper white
- ☐ 1 cup catsup
- ☐ 1 teaspoon kosher salt

- ☐ 3 tablespoons tomato paste
- ☐ 4 tablespoons butter unsalted ()
- ☐ 0.3 cup worcestershire sauce
- ☐ 1 large onion yellow chopped

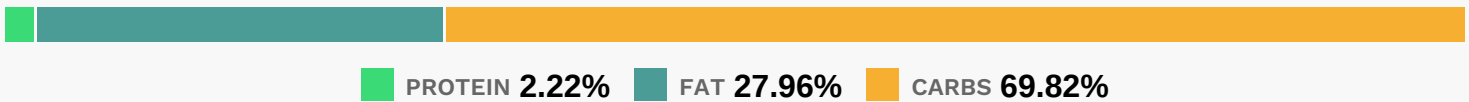
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ In a heavy saucepan, melt the butter. Sauté the onion and garlic in the butter until translucent, about 10 minutes.
- ☐ Add all the remaining ingredients and simmer for about 15 minutes, until the flavors have blended. Continue cooking until the sauce begins to thicken, 20 to 30 minutes. Taste and adjust the seasonings with salt and pepper if desired. Remember, the ribs will have plenty of spice rub on them, so don't overseason the sauce.
- ☐ Let the sauce cool for about 10 minutes or until it is warm but no longer "boiling" hot. Puree with an immersion or traditional blender—this will make the sauce thicker.
- ☐ Let cool. The sauce will keep, tightly covered, in the refrigerator for up to 2 weeks.
- ☐ Brush it on food 5 to 15 minutes before the cooking time is finished. If desired, serve extra on the side.
- ☐ Reprinted with permission from Soaked, Slathered, and Seasoned by Elizabeth Karmel, (C) 2009 John Wiley & Sons, Inc.

Nutrition Facts



Properties

Glycemic Index:28.4, Glycemic Load:1.57, Inflammation Score:-6, Nutrition Score:6.6599999640299%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg

Nutrients (% of daily need)

Calories: 288.34kcal (14.42%), Fat: 9.34g (14.37%), Saturated Fat: 5.81g (36.29%), Carbohydrates: 52.48g (17.49%), Net Carbohydrates: 51g (18.54%), Sugar: 43.69g (48.54%), Cholesterol: 24.08mg (8.03%), Sodium: 1250.21mg (54.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.33%), Vitamin A: 925.03IU (18.5%), Potassium: 497.7mg (14.22%), Manganese: 0.26mg (13.07%), Vitamin C: 9.51mg (11.53%), Vitamin E: 1.7mg (11.34%), Iron: 1.94mg (10.75%), Vitamin B6: 0.19mg (9.44%), Vitamin B2: 0.14mg (8.28%), Copper: 0.16mg (7.87%), Calcium: 68.13mg (6.81%), Vitamin B3: 1.28mg (6.42%), Fiber: 1.48g (5.92%), Magnesium: 21.22mg (5.3%), Phosphorus: 52.4mg (5.24%), Vitamin K: 4.51µg (4.29%), Folate: 13.53µg (3.38%), Vitamin B1: 0.05mg (3.01%), Selenium: 2µg (2.86%), Zinc: 0.32mg (2.15%), Vitamin B5: 0.14mg (1.36%), Vitamin D: 0.17µg (1.12%)