



Dr Pepper Barbecue Sauce



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



100 min.

SERVINGS



8

CALORIES



177 kcal

SAUCE

Ingredients

- ☐ 1 cup onion minced
- ☐ 0.3 cup vegetable oil
- ☐ 1.5 cups dr. pepper
- ☐ 1 can canned tomatoes crushed
- ☐ 0.5 cup orange juice
- ☐ 0.3 cup cider vinegar
- ☐ 0.5 cup honey
- ☐ 0.5 teaspoon cayenne

☐ 8 servings salt to taste

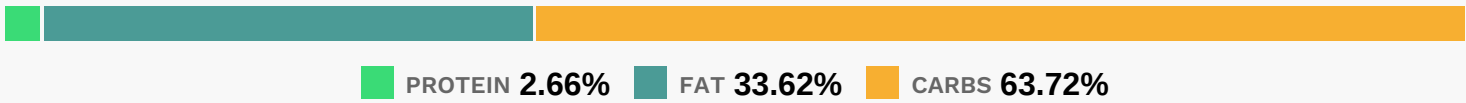
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ pot
- ☐ blender

Directions

- ☐ Heat the vegetable oil in a pot over medium-high heat.
- ☐ Add the onions and sauté for 4-5 minutes, stirring often.
- ☐ When the onions are just beginning to brown, add the remaining ingredients and stir well to combine. Simmer for 30 minutes.
- ☐ Pour the sauce into a blender or food processor and purée it until it is smooth. (Note that if you are using a blender, either work in batches, filling the blender no more than a third of the way at a time with the hot sauce, or slowly add the sauce while the blender is running on low speed.)
- ☐ Put the sauce into a saucepan, bring to a simmer and continue to simmer, uncovered, for 1-2 hours.
- ☐ The sauce will store for several weeks in the fridge.

Nutrition Facts



Properties

Glycemic Index:30.16, Glycemic Load:11.43, Inflammation Score:-3, Nutrition Score:4.7300000035244%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 177.48kcal (8.87%), Fat: 7.03g (10.81%), Saturated Fat: 1.08g (6.72%), Carbohydrates: 29.97g (9.99%), Net Carbohydrates: 28.55g (10.38%), Sugar: 26.84g (29.82%), Cholesterol: 0mg (0%), Sodium: 271.78mg (11.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Vitamin C: 14.16mg (17.16%), Vitamin K: 15.45µg (14.71%), Vitamin E: 1.25mg (8.31%), Manganese: 0.16mg (8.03%), Potassium: 229.76mg (6.56%), Copper: 0.12mg (5.87%), Vitamin B6: 0.12mg (5.77%), Fiber: 1.42g (5.69%), Iron: 0.86mg (4.76%), Vitamin B1: 0.06mg (4.14%), Folate: 15.69µg (3.92%), Vitamin A: 193.87IU (3.88%), Vitamin B3: 0.75mg (3.75%), Magnesium: 14.97mg (3.74%), Vitamin B2: 0.05mg (2.7%), Phosphorus: 26.69mg (2.67%), Calcium: 25.87mg (2.59%), Vitamin B5: 0.21mg (2.11%), Zinc: 0.23mg (1.56%)