



Eastern North Carolina Barbeque Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



190 min.

SERVINGS



4

CALORIES



334 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons cayenne pepper
- ☐ 2 quarts cider vinegar
- ☐ 1 cup brown sugar light
- ☐ 1 tablespoon pepper sauce hot
- ☐ 3 tablespoons pepper flakes red
- ☐ 0.3 cup salt

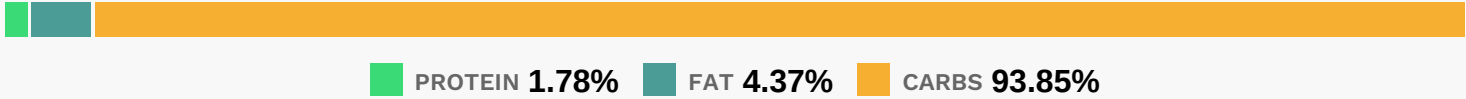
Equipment

- ☐ bowl

Directions

☐ In a large bowl, mix together cider vinegar, salt, cayenne pepper, red pepper flakes, light brown sugar, and hot pepper sauce. Stir until salt and brown sugar have dissolved. Cover, and let stand at least 3 hours before using as a basting sauce or serving on meat.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:2, Inflammation Score:-9, Nutrition Score:11.683913132419%

Nutrients (% of daily need)

Calories: 333.59kcal (16.68%), Fat: 1.3g (2%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 62.81g (20.94%), Net Carbohydrates: 60.03g (21.83%), Sugar: 55.97g (62.19%), Cholesterol: 0mg (0%), Sodium: 7297.44mg (317.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Manganese: 1.39mg (69.26%), Vitamin A: 2824.52IU (56.49%), Vitamin E: 3.04mg (20.25%), Potassium: 592.06mg (16.92%), Iron: 2.65mg (14.7%), Fiber: 2.78g (11.11%), Vitamin B6: 0.21mg (10.73%), Calcium: 106.91mg (10.69%), Magnesium: 41.69mg (10.42%), Vitamin K: 8.43µg (8.03%), Copper: 0.14mg (6.97%), Phosphorus: 65.74mg (6.57%), Vitamin C: 4.38mg (5.31%), Vitamin B3: 0.98mg (4.91%), Vitamin B2: 0.08mg (4.83%), Selenium: 2.6µg (3.71%), Zinc: 0.55mg (3.65%), Vitamin B1: 0.02mg (1.62%), Vitamin B5: 0.13mg (1.29%), Folate: 5.07µg (1.27%)