



Homemade Barbecue Sauce

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



20

CALORIES



30 kcal

SAUCE

Ingredients

- 6 oz canned tomatoes canned
- 0.3 cup bourbon
- 2 tablespoons vinegar
- 0.3 cup brown sugar light packed
- 1 tablespoon blackstrap molasses
- 1 teaspoon kosher salt (coarse)
- 0.5 teaspoon ground mustard
- 0.5 teaspoon garlic powder

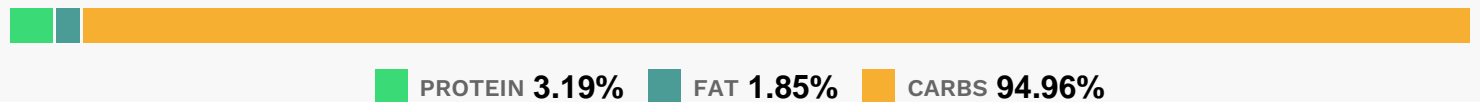
Equipment

- sauce pan
- whisk

Directions

- In 1-quart saucepan, mix all ingredients. Cook over medium heat, stirring constantly with whisk, until mixture comes to a boil. Reduce heat to medium-low; continue cooking and stirring until thickened, 10 to 15 minutes.
- Remove from heat. Taste and adjust seasoning if needed.
- Transfer to an airtight container. Store in the refrigerator for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:7.6, Glycemic Load:0.51, Inflammation Score:-1, Nutrition Score:0.65478260815144%

Nutrients (% of daily need)

Calories: 29.59kcal (1.48%), Fat: 0.04g (0.07%), Saturated Fat: 0g (0.03%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 4.86g (1.77%), Sugar: 4.68g (5.2%), Cholesterol: 0mg (0%), Sodium: 129.02mg (5.61%), Alcohol: 1.34g (100%), Alcohol %: 8.82% (100%), Protein: 0.17g (0.34%), Manganese: 0.04mg (1.85%), Potassium: 45.8mg (1.31%), Copper: 0.02mg (1.2%), Magnesium: 4.71mg (1.18%), Vitamin B6: 0.02mg (1.12%), Iron: 0.2mg (1.09%)