



## Honey Barbecue Sauce

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



493 kcal

SAUCE

### Ingredients

- 1.5 cups brown sugar
- 1.5 cups brown sugar
- 0.3 teaspoon garlic minced
- 0.1 teaspoon ground cinnamon
- 0.1 teaspoon ground ginger
- 0.1 teaspoon pepper black
- 1 cup honey
- 3 tablespoons catsup

- 1 tablespoon goat meat
- 0.3 cup blackstrap molasses
- 1 tablespoon mustard prepared
- 0.1 teaspoon oregano dried
- 0.5 teaspoon paprika
- 0.3 teaspoon salt
- 1 tablespoon lawry's seasoned salt
- 0.3 cup steak sauce
- 2 tablespoons worcestershire sauce

## Equipment

- bowl
- meat tenderizer

## Directions

- In a medium bowl, stir together the honey, molasses, ketchup, cinnamon, paprika, ginger, seasoned salt, meat tenderizer, ground black pepper, salt, oregano, garlic, steak sauce, Worcestershire sauce, mustard, and brown sugar until well blended.
- Cover, and refrigerate until ready to use.

## Nutrition Facts

**PROTEIN 0.68%** **FAT 0.29%** **CARBS 99.03%**

## Properties

Glycemic Index:26.91, Glycemic Load:21.69, Inflammation Score:-2, Nutrition Score:4.2521739130435%

## Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 492.91kcal (24.65%), Fat: 0.17g (0.25%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 127.98g (42.66%), Net Carbohydrates: 127.6g (46.4%), Sugar: 125.07g (138.97%), Cholesterol: 1.18mg (0.39%), Sodium: 1224.27mg

(53.23%), Protein: 0.88g (1.77%), Manganese: 0.3mg (15.09%), Potassium: 372.76mg (10.65%), Calcium: 102.7mg (10.27%), Magnesium: 38.17mg (9.54%), Iron: 1.7mg (9.46%), Vitamin B6: 0.15mg (7.54%), Copper: 0.14mg (6.86%), Selenium: 4.6µg (6.57%), Vitamin B3: 0.64mg (3.2%), Vitamin B5: 0.26mg (2.62%), Vitamin A: 118.24IU (2.36%), Vitamin B2: 0.04mg (2.36%), Phosphorus: 21.32mg (2.13%), Vitamin C: 1.56mg (1.89%), Fiber: 0.38g (1.52%), Zinc: 0.23mg (1.51%), Vitamin E: 0.22mg (1.5%), Vitamin B1: 0.02mg (1.06%)