



Honey Barbecue Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



124 kcal

SAUCE

Ingredients

- 0.3 cup butter
- 0.3 teaspoon pepper black
- 0.3 cup honey
- 1 cup catsup
- 2 tablespoons juice of lemon
- 1 cup onion diced
- 0.3 cup water
- 1 tablespoon worcestershire sauce

Equipment

sauce pan

Directions

Melt butter in small saucepan over medium heat; add onion, and saut 4 to 5 minutes or until tender. Stir in ketchup and remaining ingredients; bring to a boil. Reduce heat, and simmer, uncovered, 5 minutes. Store leftover sauce in refrigerator up to 1 week.

Nutrition Facts



PROTEIN 1.95% **FAT 39.09%** **CARBS 58.96%**

Properties

Glycemic Index:13.91, Glycemic Load:4.97, Inflammation Score:-4, Nutrition Score:2.2995652008964%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

Nutrients (% of daily need)

Calories: 124.13kcal (6.21%), Fat: 5.77g (8.88%), Saturated Fat: 1.2g (7.5%), Carbohydrates: 19.59g (6.53%), Net Carbohydrates: 19.11g (6.95%), Sugar: 16.24g (18.05%), Cholesterol: 0mg (0%), Sodium: 368.39mg (16.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.29%), Vitamin A: 410.29IU (8.21%), Vitamin C: 4.5mg (5.46%), Vitamin E: 0.67mg (4.47%), Potassium: 143.68mg (4.11%), Vitamin B2: 0.07mg (3.84%), Vitamin B6: 0.08mg (3.82%), Manganese: 0.07mg (3.62%), Vitamin B3: 0.49mg (2.43%), Copper: 0.04mg (2.22%), Folate: 7.71µg (1.93%), Fiber: 0.48g (1.91%), Magnesium: 7.03mg (1.76%), Iron: 0.31mg (1.74%), Phosphorus: 17.33mg (1.73%), Calcium: 14.94mg (1.49%), Vitamin K: 1.1µg (1.05%), Vitamin B1: 0.02mg (1.04%)