



Honey Garlic BBQ Sauce II

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



470 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.5 cup butter
- ☐ 2 tablespoons cajun spice
- ☐ 2 tablespoons cornstarch
- ☐ 1 pinch pepper red crushed
- ☐ 1 bulb garlic crushed peeled
- ☐ 1 pinch ground pepper black
- ☐ 1 pinch ground pepper white

- ☐ 0.3 cup honey
- ☐ 2 tablespoons hot sauce
- ☐ 2 cups catsup
- ☐ 2 tablespoons blackstrap molasses
- ☐ 1 pinch paprika
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon soya sauce
- ☐ 1 tablespoon water
- ☐ 1 teaspoon worcestershire sauce

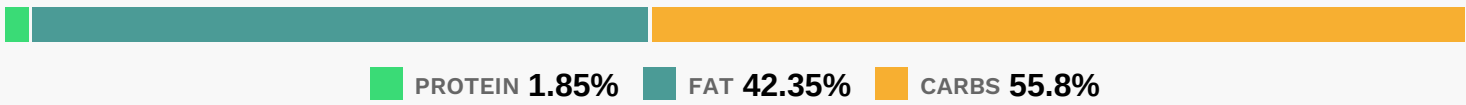
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a large saucepan over medium low heat, mix together ketchup, garlic, 1 cup of water, hot sauce, honey, molasses, brown sugar, Worcestershire sauce, soy sauce, salt, Cajun seasoning, paprika, red pepper, white pepper and black pepper. Allow the mixture to simmer approximately 30 minutes.
- ☐ In a small bowl, dissolve cornstarch in 1 tablespoon of water. Adjust amount of water as needed to fully dissolve cornstarch. Stir into the sauce mixture. Continue simmering approximately 15 minutes.
- ☐ Stir butter into the sauce mixture. Continue simmering mixture approximately 15 more minutes, or until butter is melted and the sauce has begun to thicken.
- ☐ Serve over meats prepared as desired.

Nutrition Facts



Properties

Glycemic Index:63.32, Glycemic Load:12.58, Inflammation Score:-9, Nutrition Score:11.243913031143%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 470.21kcal (23.51%), Fat: 23.63g (36.36%), Saturated Fat: 14.68g (91.78%), Carbohydrates: 70.06g (23.35%), Net Carbohydrates: 68.32g (24.84%), Sugar: 56.89g (63.21%), Cholesterol: 61.01mg (20.34%), Sodium: 2137.02mg (92.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.64%), Vitamin A: 3080.23IU (61.6%), Vitamin E: 3.46mg (23.04%), Manganese: 0.38mg (19.06%), Vitamin B6: 0.36mg (18.18%), Potassium: 618.02mg (17.66%), Vitamin B2: 0.27mg (15.95%), Vitamin C: 10.36mg (12.56%), Magnesium: 49.21mg (12.3%), Vitamin B3: 2.3mg (11.51%), Iron: 1.97mg (10.95%), Copper: 0.2mg (9.97%), Vitamin K: 8.67µg (8.26%), Fiber: 1.74g (6.98%), Calcium: 64.29mg (6.43%), Phosphorus: 58.7mg (5.87%), Selenium: 3.61µg (5.16%), Folate: 14.68µg (3.67%), Zinc: 0.49mg (3.27%), Vitamin B5: 0.3mg (2.97%), Vitamin B1: 0.04mg (2.42%)