



Honey-Mustard Barbecue Sauce

 Gluten Free  Dairy Free

READY IN



33 min.

SERVINGS



15

CALORIES



51 kcal

SAUCE

Ingredients

- 1 bacon diced
- 1 teaspoon pepper black
- 0.3 cup firmly brown sugar packed
- 1 cup cider vinegar
- 1 garlic clove minced
- 0.3 teaspoon ground pepper red
- 0.3 cup honey
- 0.8 cup mustard prepared

- 1 small onion diced
- 1 teaspoon worcestershire sauce

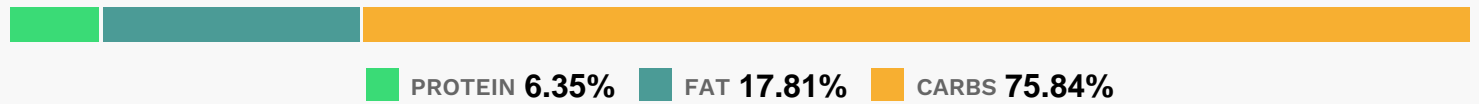
Equipment

- paper towels
- sauce pan

Directions

- Cook bacon in a medium saucepan until crisp; remove bacon, and drain on paper towels, reserving drippings in saucepan.
- Saut onion and garlic in hot drippings about 3 minutes or until tender. Stir in bacon, vinegar, and remaining ingredients; bring to a boil. Reduce heat, and simmer, stirring occasionally, 10 minutes. Store in refrigerator for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:16.35, Glycemic Load:2.66, Inflammation Score:-1, Nutrition Score:1.5060869662658%

Flavonoids

Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 51.08kcal (2.55%), Fat: 1.02g (1.57%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 9.76g (3.25%), Net Carbohydrates: 9.09g (3.31%), Sugar: 8.68g (9.64%), Cholesterol: 0.97mg (0.32%), Sodium: 154.17mg (6.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.63%), Selenium: 4.7µg (6.71%), Manganese: 0.13mg (6.28%), Fiber: 0.67g (2.69%), Magnesium: 8.24mg (2.06%), Vitamin B1: 0.03mg (2.04%), Phosphorus: 19.41mg (1.94%), Iron: 0.34mg (1.86%), Potassium: 54.28mg (1.55%), Calcium: 14.92mg (1.49%), Vitamin B6: 0.02mg (1.23%)