

## Jack BBQ Sauce

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



62 kcal

SAUCE

### Ingredients

- 3 tablespoons brown sugar
- 1 teaspoon garlic salt
- 1 cup catsup
- 2 teaspoons juice of lemon
- 2 teaspoons liquid smoke
- 1 teaspoon onion powder
- 4 drops hot sauce hot to taste
- 2 tablespoons steak sauce

- 2 tablespoons irish whiskey
- 4 dashes worcestershire sauce

## Equipment

- sauce pan

## Directions

- In a saucepan combine ketchup, steak sauce, garlic salt, liquid smoke, onion powder and brown sugar.
- Add lemon juice, pepper sauce, Worcestershire sauce and whiskey. Warm over medium low heat until simmering.
- Refrigerate for at least one hour before using, to let flavors mingle.
- Brush on meat during the last few minutes of grilling or baking.
- Not recommended for marinating unless you omit the lemon juice, as the acid makes the chicken grainy.

## Nutrition Facts

**PROTEIN 2.77%** **FAT 0.72%** **CARBS 96.51%**

## Properties

Glycemic Index:1.88, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.4873913105415%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 61.9kcal (3.1%), Fat: 0.05g (0.07%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 13.85g (4.62%), Net Carbohydrates: 13.66g (4.97%), Sugar: 11.23g (12.48%), Cholesterol: 0mg (0%), Sodium: 648.61mg (28.2%), Alcohol: 1.35g (100%), Alcohol %: 3.68% (100%), Protein: 0.4g (0.79%), Vitamin A: 166.24IU (3.32%), Vitamin E: 0.49mg (3.23%), Potassium: 110.55mg (3.16%), Vitamin B2: 0.05mg (3.14%), Vitamin C: 2.47mg (2.99%), Vitamin B6: 0.06mg (2.82%), Vitamin B3: 0.48mg (2.38%), Manganese: 0.04mg (2.19%), Copper: 0.04mg (1.91%), Magnesium: 5.4mg (1.35%), Iron: 0.23mg (1.28%), Calcium: 10.74mg (1.07%), Phosphorus: 10.59mg (1.06%)