



Jack's Old South Competition Vinegar Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



9

CALORIES



32 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 teaspoons cayenne
- ☐ 2 cups cider vinegar
- ☐ 1 teaspoons ground pepper black
- ☐ 1 tablespoon hot sauce
- ☐ 3 tablespoons catsup
- ☐ 4 teaspoons kosher salt
- ☐ 2 tablespoons paprika

Equipment

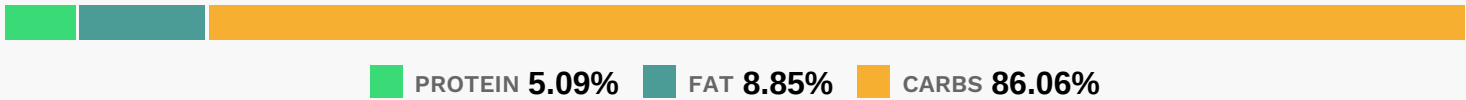
☐

mixing bowl

Directions

- ☐
- Combine all the ingredients in a nonreactive mixing bowl, mixing until the sugar and salt dissolve. Taste for seasoning, adding pepper as needed.
- ☐
- Transfer to a clean, sterile jar and refrigerate. Will keep for several months.

Nutrition Facts



Properties

Glycemic Index:13.22, Glycemic Load:0.29, Inflammation Score:-5, Nutrition Score:2.5004347873771%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 32.15kcal (1.61%), Fat: 0.26g (0.39%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 4.93g (1.79%), Sugar: 4.07g (4.52%), Cholesterol: 0mg (0%), Sodium: 1121.64mg (48.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Vitamin A: 887.85IU (17.76%), Manganese: 0.2mg (9.99%), Vitamin E: 0.6mg (3.97%), Iron: 0.53mg (2.92%), Potassium: 101.56mg (2.9%), Fiber: 0.68g (2.72%), Vitamin B6: 0.05mg (2.53%), Vitamin K: 1.98µg (1.88%), Vitamin B2: 0.03mg (1.83%), Vitamin C: 1.47mg (1.78%), Magnesium: 7.13mg (1.78%), Copper: 0.03mg (1.29%), Vitamin B3: 0.26mg (1.28%), Calcium: 12.31mg (1.23%), Phosphorus: 11.7mg (1.17%)