



## Jamie's BBQ Sauce

 **Gluten Free**  **Dairy Free**

READY IN



**50 min.**

SERVINGS



**4**

CALORIES



**320 kcal**

SAUCE

### Ingredients

- 2 cups apple cider vinegar
- 1 tablespoon canola oil
- 1 teaspoon cayenne pepper
- 2 teaspoons chili powder
- 3 tablespoons dijon mustard
- 1.5 cups catsup
- 4 servings kosher salt and pepper black freshly ground
- 0.8 cup brown sugar light

- 2 tablespoons onion finely chopped
- 1 tablespoon worcestershire sauce

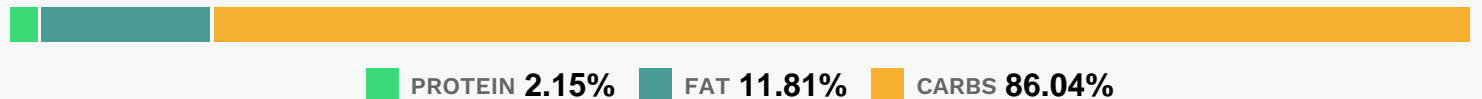
## Equipment

- sauce pan

## Directions

- Heat the oil in a medium saucepan over medium-high heat.
- Add the onions and stir until softened.
- Add the vinegar, ketchup, brown sugar, mustard, Worcestershire sauce, chili powder, cayenne pepper and some salt and black pepper to the saucepan and simmer on medium-low heat until thickened, about 35 minutes.

## Nutrition Facts



## Properties

Glycemic Index:40.75, Glycemic Load:0.64, Inflammation Score:-6, Nutrition Score:7.6082608181497%

## Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

## Nutrients (% of daily need)

Calories: 320.48kcal (16.02%), Fat: 4.21g (6.47%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 68.96g (22.99%), Net Carbohydrates: 67.61g (24.59%), Sugar: 60.58g (67.31%), Cholesterol: 0mg (0%), Sodium: 1029.59mg (44.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.45%), Manganese: 0.51mg (25.31%), Vitamin A: 978.24IU (19.56%), Vitamin E: 2.5mg (16.68%), Potassium: 484.07mg (13.83%), Vitamin B2: 0.18mg (10.46%), Vitamin B6: 0.21mg (10.32%), Iron: 1.48mg (8.24%), Vitamin B3: 1.59mg (7.96%), Selenium: 5.37µg (7.67%), Magnesium: 30.26mg (7.57%), Calcium: 73.37mg (7.34%), Copper: 0.14mg (6.87%), Vitamin K: 7.05µg (6.71%), Vitamin C: 5.05mg (6.12%), Phosphorus: 55.38mg (5.54%), Fiber: 1.35g (5.39%), Folate: 11.42µg (2.85%), Vitamin B1: 0.04mg (2.71%), Zinc: 0.36mg (2.39%), Vitamin B5: 0.15mg (1.47%)