



Jan's Bar-B-Q Sauce

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



141 kcal

SAUCE

Ingredients

- 6 tablespoons brown sugar
- 6 tablespoons brown sugar
- 2 cups catsup
- 8 servings onion powder
- 4 tablespoons worcestershire sauce
- 2 tablespoons mustard yellow

Equipment

Nutrition Facts

PROTEIN 2.39% FAT 1.17% CARBS 96.44%

Properties

Glycemic Index:4, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:3.4121739130435%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 141.24kcal (7.06%), Fat: 0.2g (0.3%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 36.72g (12.24%), Net Carbohydrates: 36.23g (13.17%), Sugar: 31.21g (34.68%), Cholesterol: 0mg (0%), Sodium: 701.72mg (30.51%), Protein: 0.91g (1.82%), Potassium: 276.02mg (7.89%), Vitamin B2: 0.11mg (6.7%), Vitamin A: 317.18IU (6.34%), Vitamin E: 0.9mg (5.99%), Vitamin B6: 0.11mg (5.6%), Manganese: 0.1mg (4.98%), Iron: 0.89mg (4.93%), Vitamin B3: 0.96mg (4.81%), Vitamin C: 3.81mg (4.62%), Copper: 0.09mg (4.26%), Calcium: 39.24mg (3.92%), Magnesium: 13.46mg (3.36%), Selenium: 2.1µg (2.99%), Phosphorus: 28.69mg (2.87%), Fiber: 0.49g (1.97%), Vitamin K: 1.98µg (1.89%), Folate: 7.16µg (1.79%), Vitamin B1: 0.02mg (1.61%), Zinc: 0.19mg (1.25%)