

health-score 51%

HEALTH SCORE

Jim Gibson's Whole Hog BBQ Sauce

 Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

107 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons ground pepper black
- ☐ 0.8 cup pepper flakes dried red crushed
- ☐ 11.5 ounce sacramento tomato juice canned
- ☐ 8 servings jug vinegar white divided 1-gallon
- ☐ 1 cup worcestershire sauce

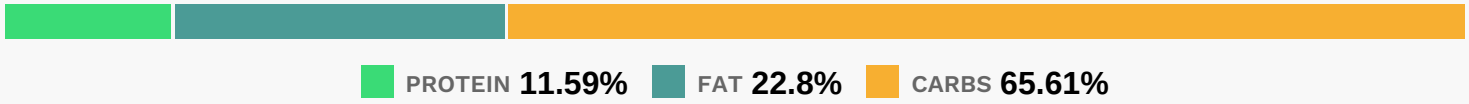
Equipment

- ☐ bowl

Directions

- ☐ Pour 3 cups vinegar into a pitcher or large bowl.
- ☐ Add next 4 ingredients to remaining vinegar in jug; seal with lid, and shake well. Return 3/4 cup vinegar to jug; seal with lid, and shake well.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:1.02, Inflammation Score:-10, Nutrition Score:20.340434820756%

Nutrients (% of daily need)

Calories: 106.72kcal (5.34%), Fat: 3.33g (5.12%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 21.56g (7.19%), Net Carbohydrates: 12.68g (4.61%), Sugar: 6.84g (7.6%), Cholesterol: 0mg (0%), Sodium: 864.82mg (37.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Vitamin A: 6699.39IU (133.99%), Vitamin E: 9.01mg (60.08%), Fiber: 8.87g (35.49%), Iron: 6.34mg (35.2%), Manganese: 0.65mg (32.28%), Vitamin K: 28.4µg (27.05%), Vitamin B6: 0.53mg (26.5%), Potassium: 846.95mg (24.2%), Copper: 0.39mg (19.27%), Vitamin B3: 3.33mg (16.64%), Vitamin B2: 0.28mg (16.3%), Calcium: 130.78mg (13.08%), Magnesium: 48.28mg (12.07%), Phosphorus: 102.78mg (10.28%), Vitamin C: 8.37mg (10.15%), Zinc: 1.15mg (7.65%), Vitamin B1: 0.11mg (7.45%), Selenium: 5.04µg (7.2%), Folate: 14.51µg (3.63%), Vitamin B5: 0.33mg (3.31%)