



Kansas City Barbecue Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



39 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon pepper black freshly ground
- ☐ 0.3 cup brown sugar packed
- ☐ 0.8 teaspoon ground celery seed
- ☐ 1 tablespoon chili powder
- ☐ 0.3 cup cider vinegar
- ☐ 1 cup catsup
- ☐ 1.5 tablespoons blackstrap molasses
- ☐ 1 tablespoon onion powder

- ☐ 0.5 teaspoon salt smoked (such as McCormick)
- ☐ 1 cup water

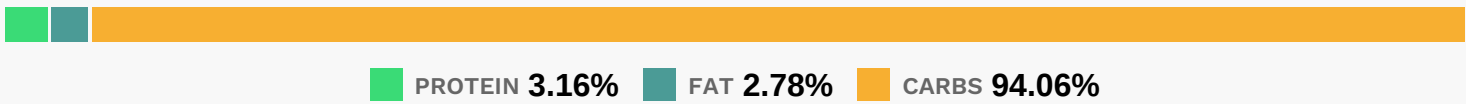
Equipment

- ☐ sauce pan

Directions

- ☐ Combine all ingredients in a large saucepan; bring to a boil over medium heat. Reduce heat; simmer 25 minutes or until slightly thickened.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:0.68, Inflammation Score:-2, Nutrition Score:1.6617391316787%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 38.91kcal (1.95%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 9.41g (3.42%), Sugar: 8.02g (8.91%), Cholesterol: 0mg (0%), Sodium: 220.11mg (9.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Manganese: 0.13mg (6.37%), Vitamin A: 227.3IU (4.55%), Potassium: 98.1mg (2.8%), Vitamin E: 0.42mg (2.77%), Vitamin B6: 0.05mg (2.66%), Magnesium: 9.49mg (2.37%), Copper: 0.04mg (2.01%), Iron: 0.36mg (1.99%), Vitamin B2: 0.03mg (1.82%), Calcium: 16.43mg (1.64%), Fiber: 0.39g (1.57%), Vitamin K: 1.61µg (1.53%), Vitamin B3: 0.3mg (1.51%)