



Kansas City Barbecue Sauce



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



136 kcal

SAUCE

Ingredients

- ☐ 2 cups tomato sauce
- ☐ 0.5 cup apple juice
- ☐ 0.5 cup apple cider vinegar
- ☐ 0.5 cup brown sugar
- ☐ 5 Tbsp butter
- ☐ 3 Tbsp paprika
- ☐ 2 Tbsp chili powder
- ☐ 1 Tbsp chipotle powder

- ☐ 4 garlic cloves finely chopped
- ☐ 0.5 medium onion finely chopped
- ☐ 10 servings salt to taste
- ☐ 10 servings cayenne to taste

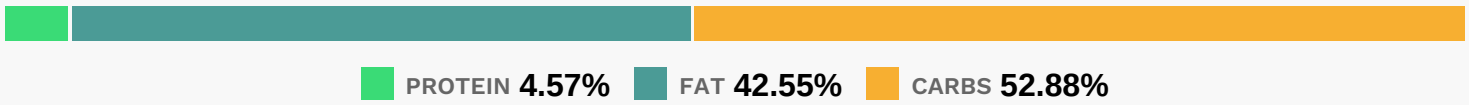
Equipment

- ☐ pot

Directions

- ☐ Heat the butter in a pot over medium heat for 2–3 minutes.
- ☐ Add the onion and sauté until it begins to brown.
- ☐ Add the garlic and sauté for another 2 minutes.
- ☐ Pour in the remaining ingredients and stir well to combine. Simmer slowly for at least 30 minutes, and up to 2 hours.
- ☐ Adjust the heat and salt levels with the cayenne and salt right before you plan to use this sauce, which is great on ribs, chicken and pork shoulder.

Nutrition Facts



Properties

Glycemic Index:27.98, Glycemic Load:1.92, Inflammation Score:-9, Nutrition Score:8.2578261397455%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 135.55kcal (6.78%), Fat: 6.88g (10.59%), Saturated Fat: 3.84g (24.02%), Carbohydrates: 19.25g (6.42%), Net Carbohydrates: 16.28g (5.92%), Sugar: 14.49g (16.11%), Cholesterol: 15.27mg (5.09%), Sodium: 517.65mg (22.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Vitamin A: 2938.52IU (58.77%), Vitamin

E: 2.98mg (19.86%), Manganese: 0.24mg (11.96%), Fiber: 2.97g (11.88%), Vitamin B6: 0.22mg (10.97%), Potassium: 329.59mg (9.42%), Iron: 1.62mg (9.03%), Vitamin K: 7.69µg (7.33%), Vitamin C: 5.89mg (7.13%), Vitamin B2: 0.11mg (6.19%), Vitamin B3: 1.18mg (5.91%), Copper: 0.12mg (5.79%), Magnesium: 20.8mg (5.2%), Phosphorus: 40.09mg (4.01%), Calcium: 38.63mg (3.86%), Vitamin B5: 0.27mg (2.66%), Zinc: 0.39mg (2.6%), Vitamin B1: 0.04mg (2.6%), Folate: 9.61µg (2.4%), Selenium: 1.51µg (2.16%)