



Kansas City-Style BBQ Sauce

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

READY IN

ready

50 min.

SERVINGS

servings

2

CALORIES

calories

663 kcal

SAUCE

Ingredients

- ☐ 1 bay leaf
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 cup firmly brown sugar dark packed
- ☐ 2 tablespoons neutral-tasting oil such as grapeseed or vegetable
- ☐ 1 slightly tablespoon chili powder
- ☐ 0.5 cup cider vinegar
- ☐ 1 teaspoon pepper red crushed
- ☐ 0.3 cup blackstrap molasses dark

- ☐ 6 cloves garlic smashed
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 pinch ground cloves
- ☐ 2 cups catsup
- ☐ 1 tablespoon kosher salt
- ☐ 2 teaspoons mustard dried english-style
- ☐ 1 tablespoon paprika
- ☐ 1 tablespoon soya sauce
- ☐ 2 tablespoons tomato paste
- ☐ 2 cups water
- ☐ 1 tablespoon worcestershire sauce

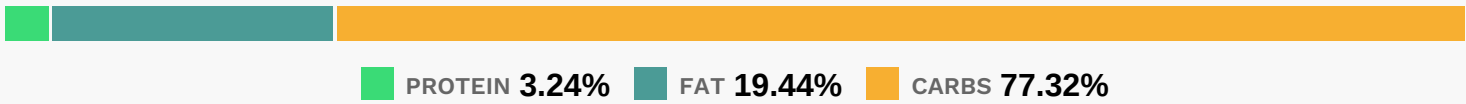
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the oil in a medium saucepan over medium heat. Stir in the garlic, tomato paste, chili powder, paprika, red pepper, allspice, and cloves and cook, stirring, until paste is dark brick red, about 3 minutes.
- ☐ Add the ketchup, water, vinegar, molasses, brown sugar, salt, soy sauce, Worcestershire, mustard, black pepper, and bay leaf. Adjust the heat to maintain a gentle simmer and cook until the flavors come together, about 30 minutes.
- ☐ Remove and discard bay leaf before using.

Nutrition Facts



Properties

Glycemic Index:134, Glycemic Load:16.29, Inflammation Score:-10, Nutrition Score:26.424347815306%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 663.19kcal (33.16%), Fat: 15.25g (23.46%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 136.46g (45.49%), Net Carbohydrates: 132.69g (48.25%), Sugar: 113.06g (125.62%), Cholesterol: 0mg (0%), Sodium: 6519.44mg (283.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.43%), Manganese: 1.56mg (78.23%), Vitamin A: 3531.48IU (70.63%), Vitamin E: 8.11mg (54.05%), Potassium: 1780.2mg (50.86%), Vitamin B6: 0.94mg (47.09%), Magnesium: 167.17mg (41.79%), Copper: 0.64mg (31.8%), Iron: 5.61mg (31.17%), Vitamin B2: 0.52mg (30.4%), Vitamin B3: 5.35mg (26.73%), Vitamin K: 24.95µg (23.76%), Calcium: 213.01mg (21.3%), Vitamin C: 17.44mg (21.14%), Selenium: 14.01µg (20.02%), Fiber: 3.78g (15.1%), Phosphorus: 146.7mg (14.67%), Zinc: 1.1mg (7.34%), Folate: 29.09µg (7.27%), Vitamin B5: 0.72mg (7.24%), Vitamin B1: 0.11mg (7.17%)