



Kathy's Award Winning Barbeque Sauce

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



10

CALORIES



143 kcal

SAUCE

Ingredients

- 2 tablespoons brown sugar
- 1 teaspoon cayenne pepper
- 1 tablespoon garlic powder
- 1 teaspoon ground pepper black
- 1 cup catsup
- 2 tablespoons juice of lemon
- 2 tablespoons liquid smoke flavoring
- 1 cup blackstrap molasses

- 0.3 cup onion chopped
- 5.5 ounce sacramento tomato juice canned
- 1 tablespoon worcestershire sauce

Equipment

- food processor
- sauce pan
- blender
- stove

Directions

- In a blender or food processor, combine the ketchup, Worcestershire sauce, molasses, brown sugar, onion, garlic powder, ground black pepper, cayenne pepper, lemon juice, tomato juice, and liquid smoke flavoring. Puree until smooth, and transfer to a saucepan.
- Place saucepan on the stove over medium heat. Bring mixture to a boil, reduce heat to low, and simmer for about 1 hour, or to desired thickness.

Nutrition Facts



PROTEIN 1.94% **FAT 0.94%** **CARBS 97.12%**

Properties

Glycemic Index:17.8, Glycemic Load:11.55, Inflammation Score:-5, Nutrition Score:7.2226087062255%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 143.43kcal (7.17%), Fat: 0.16g (0.25%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 36.97g (12.32%), Net Carbohydrates: 36.35g (13.22%), Sugar: 33.76g (37.51%), Cholesterol: 0mg (0%), Sodium: 280.93mg (12.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.48%), Manganese: 0.61mg (30.61%), Magnesium:

90.07mg (22.52%), Potassium: 647.1mg (18.49%), Vitamin B6: 0.31mg (15.65%), Iron: 2.08mg (11.53%), Copper: 0.23mg (11.36%), Selenium: 6.54µg (9.34%), Calcium: 84.71mg (8.47%), Vitamin C: 4.26mg (5.16%), Vitamin A: 242.56IU (4.85%), Vitamin B3: 0.9mg (4.48%), Vitamin E: 0.62mg (4.13%), Vitamin B5: 0.35mg (3.46%), Vitamin B2: 0.06mg (3.28%), Phosphorus: 28.41mg (2.84%), Fiber: 0.62g (2.49%), Vitamin B1: 0.04mg (2.42%), Vitamin K: 2.07µg (1.97%), Folate: 6.33µg (1.58%), Zinc: 0.22mg (1.49%)