



Larry's Barbecue Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



520 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon peppercorns black
- ☐ 1 cup brown sugar packed
- ☐ 1 cup coca-cola
- ☐ 8 large garlic cloves
- ☐ 32 oz catsup
- ☐ 1 large onion sliced
- ☐ 1 tablespoon vegetable oil

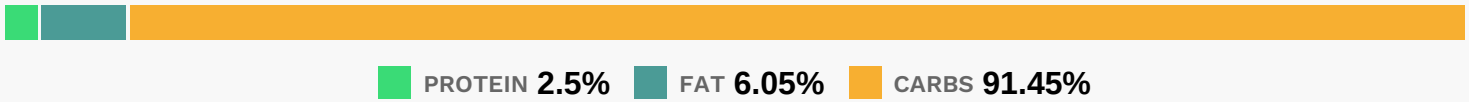
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Heat oil in a 4-qt. pot over medium heat.
- ☐ Add onion and garlic and cook until translucent, about 15 minutes.
- ☐ Add sugar and peppercorns and cook, stirring frequently until sugar melts, about 1 minute.
- ☐ Add ketchup, liquid smoke, and Coke reduction. Reduce heat to a simmer.
- ☐ Cook for 1 hour to meld flavors. Using a blender, whirl mixture until smooth, about 4 minutes.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:5.19, Inflammation Score:-8, Nutrition Score:12.733043359674%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 9.67mg, Quercetin: 9.67mg, Quercetin: 9.67mg, Quercetin: 9.67mg

Nutrients (% of daily need)

Calories: 520.17kcal (26.01%), Fat: 3.79g (5.83%), Saturated Fat: 0.61g (3.79%), Carbohydrates: 128.82g (42.94%), Net Carbohydrates: 126.75g (46.09%), Sugar: 108.62g (120.68%), Cholesterol: 0mg (0%), Sodium: 2077.82mg (90.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.72mg (1.57%), Protein: 3.52g (7.04%), Manganese: 0.73mg (36.42%), Vitamin B6: 0.51mg (25.38%), Vitamin E: 3.63mg (24.18%), Vitamin A: 1178.43IU (23.57%), Potassium: 823.66mg (23.53%), Vitamin B2: 0.4mg (23.39%), Vitamin B3: 3.42mg (17.09%), Vitamin C: 13.95mg (16.9%), Vitamin K: 17.4µg (16.57%), Copper: 0.28mg (14.25%), Calcium: 111.41mg (11.14%), Magnesium: 43.96mg (10.99%), Iron: 1.67mg (9.3%), Phosphorus: 91.07mg (9.11%), Fiber: 2.08g (8.31%), Folate: 28.69µg (7.17%), Selenium: 3.47µg (4.96%), Zinc: 0.58mg (3.85%), Vitamin B1: 0.06mg (3.79%), Vitamin B5: 0.3mg (2.96%)