



Lower Alabama Whole Hog Basting Sauce

 Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



452 kcal

SAUCE

Ingredients

- 0.5 cup butter
- 0.3 cup dressing french
- 0.5 teaspoon ground pepper red
- 1 cup catsup
- 0.3 cup juice of lemon fresh (5 lemons)
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 0.3 cup sugar

- 1 quart vinegar
- 2 cups water
- 0.5 cup worcestershire sauce

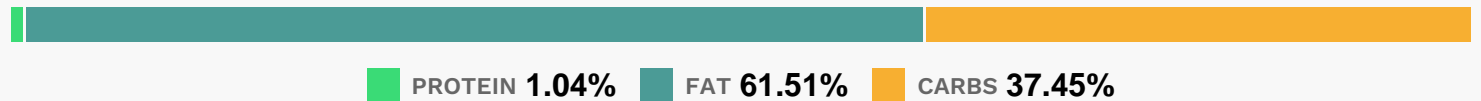
Equipment

- sauce pan

Directions

- Stir together all ingredients in a 3 1/2 quart saucepan over medium heat; bring to a boil. Reduce heat, and simmer, stirring occasionally, 30 minutes.

Nutrition Facts



Properties

Glycemic Index:58.52, Glycemic Load:8.82, Inflammation Score:-7, Nutrition Score:7.9713043544603%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 452.28kcal (22.61%), Fat: 29.32g (45.1%), Saturated Fat: 15.56g (97.27%), Carbohydrates: 40.16g (13.39%), Net Carbohydrates: 39.45g (14.34%), Sugar: 32.06g (35.62%), Cholesterol: 61.01mg (20.34%), Sodium: 1578.57mg (68.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.23%), Vitamin A: 1222.48IU (24.45%), Vitamin K: 23.44µg (22.33%), Vitamin C: 14.99mg (18.17%), Vitamin E: 2.45mg (16.33%), Potassium: 499.97mg (14.28%), Iron: 2.22mg (12.31%), Manganese: 0.22mg (10.87%), Vitamin B2: 0.17mg (10.1%), Copper: 0.16mg (8.15%), Calcium: 77mg (7.7%), Vitamin B3: 1.19mg (5.94%), Vitamin B6: 0.12mg (5.91%), Phosphorus: 58.96mg (5.9%), Magnesium: 19.3mg (4.83%), Folate: 13.35µg (3.34%), Selenium: 2.18µg (3.12%), Vitamin B1: 0.04mg (2.92%), Fiber: 0.72g (2.86%), Zinc: 0.27mg (1.78%), Vitamin B12: 0.07µg (1.17%)