



Marmie's Bar-B-Que Sauce

 Gluten Free

READY IN



110 min.

SERVINGS



4

CALORIES



684 kcal

SAUCE

Ingredients

- 0.5 teaspoon allspice
- 0.3 cup balsamic vinegar
- 2 tablespoons butter
- 0.5 teaspoon ground pepper
- 2 cups celery chopped finely
- 1 teaspoon celery salt
- 1 teaspoon cinnamon
- 1 cup t brown sugar dark

- 0.3 cup cider
- 6 garlic clove minced to taste ()
- 1 cup grape jelly
- 1.5 teaspoons pepper fresh
- 2 teaspoons kosher salt
- 0.3 cup juice of lemon
- 0.5 teaspoon peppermint flavoring
- 0.3 cup blackstrap molasses
- 2 teaspoons ground mustard dry
- 2 large onion chopped
- 0.5 teaspoon pepper red crushed
- 2 cups strong coffee decoction black
- 11 ounce canned tomatoes canned
- 0.5 cup vinegar white
- 0.3 cup worcestershire sauce

Equipment

- sauce pan
- immersion blender

Directions

- Saute finely chopped onions and celery, with crushed garlic in butter (add as much onion and garlic as your tastebuds desire) in a medium sauce pan.
- Add remaining ingredients mixing carefully, cook at medium temp stirring occasionally for 30 min and simmer until desired thickness achieved. If desired run the hand blender through at the end to get a more smooth consistency.

Nutrition Facts

  

 PROTEIN 2.26%  FAT 8.73%  CARBS 89.01%

Properties

Glycemic Index:115, Glycemic Load:44.36, Inflammation Score:-8, Nutrition Score:18.099565369279%

Flavonoids

Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg
Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.74mg,
Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin:
2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg
Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.55mg, Luteolin: 0.55mg,
Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg,
Isorhamnetin: 3.76mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg
Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 15.62mg, Quercetin: 15.62mg,
Quercetin: 15.62mg, Quercetin: 15.62mg

Nutrients (% of daily need)

Calories: 683.91kcal (34.2%), Fat: 6.71g (10.33%), Saturated Fat: 3.76g (23.5%), Carbohydrates: 153.92g (51.31%),
Net Carbohydrates: 148.49g (54%), Sugar: 123.46g (137.17%), Cholesterol: 15.05mg (5.02%), Sodium: 2223.36mg
(96.67%), Alcohol: 0.74g (100%), Alcohol %: 0.16% (100%), Caffeine: 47.4mg (15.8%), Protein: 3.92g (7.83%),
Manganese: 1.06mg (53.06%), Vitamin C: 31.69mg (38.41%), Potassium: 1203.16mg (34.38%), Magnesium: 105.22mg
(26.31%), Vitamin B6: 0.51mg (25.4%), Iron: 4.55mg (25.28%), Copper: 0.49mg (24.37%), Calcium: 223.86mg
(22.39%), Fiber: 5.43g (21.7%), Vitamin K: 21.99µg (20.94%), Vitamin B2: 0.29mg (16.8%), Folate: 61.81µg (15.45%),
Vitamin A: 771.08IU (15.42%), Selenium: 10.34µg (14.77%), Phosphorus: 124.21mg (12.42%), Vitamin B1: 0.18mg
(11.87%), Vitamin E: 1.68mg (11.22%), Vitamin B5: 1.07mg (10.7%), Vitamin B3: 2mg (10.02%), Zinc: 0.78mg (5.18%)