



Memphis Barbecue Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



27 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons brown sugar
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 cup catsup
- ☐ 2 tablespoons mustard prepared
- ☐ 1 tablespoon onion powder
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup vinegar white

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2 tablespoons worcestershire sauce

Equipment

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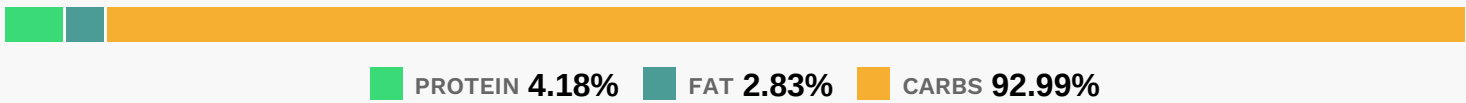
sauce pan

Directions

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Combine all ingredients in a medium saucepan; bring to a simmer. Cook 5 minutes; serve warm.

Nutrition Facts



Properties

Glycemic Index:9.13, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.99782608773397%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 27.48kcal (1.37%), Fat: 0.09g (0.13%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 6.49g (2.16%), Net Carbohydrates: 6.28g (2.28%), Sugar: 4.92g (5.47%), Cholesterol: 0mg (0%), Sodium: 221.63mg (9.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.58%), Manganese: 0.04mg (2.21%), Potassium: 69.66mg (1.99%), Vitamin A: 86.8IU (1.74%), Vitamin B2: 0.03mg (1.74%), Vitamin E: 0.23mg (1.56%), Vitamin B6: 0.03mg (1.47%), Iron: 0.23mg (1.3%), Selenium: 0.9µg (1.28%), Vitamin B3: 0.25mg (1.23%), Vitamin C: 1.01mg (1.23%), Copper: 0.02mg (1.17%)