



Mississippi Sweet and Sour Barbeque Sauce



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



16

CALORIES



84 kcal

SAUCE

Ingredients

- ☐ 1 pinch five-spice powder chinese
- ☐ 0.5 cup apple cider vinegar
- ☐ 0.8 cup brown sugar
- ☐ 1 pinch celery salt
- ☐ 0.3 cup plus dark
- ☐ 1 teaspoon garlic powder
- ☐ 0.1 teaspoon ground allspice
- ☐ 1 teaspoon ground pepper black

- ☐ 1 cup catsup
- ☐ 2 teaspoons juice of lemon
- ☐ 1.5 teaspoons ground mustard
- ☐ 1 teaspoon onion powder
- ☐ 1 teaspoon pepper sauce hot tabasco® (such as)
- ☐ 2 fluid ounces pineapple juice
- ☐ 1 teaspoon salt
- ☐ 5.5 ounce tomato paste canned
- ☐ 2 tablespoons water
- ☐ 1 fluid ounce bourbon whiskey
- ☐ 2 tablespoons onion white minced
- ☐ 1 teaspoon worcestershire sauce

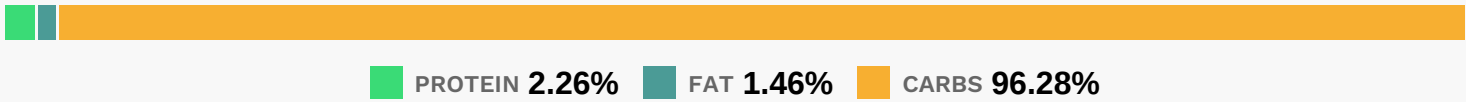
Equipment

- ☐ sauce pan

Directions

- ☐ Combine ketchup, brown sugar, tomato paste, vinegar, corn syrup, pineapple juice, bourbon whiskey, water, white onion, lemon juice, mustard powder, hot pepper sauce, Worcestershire sauce, salt, black pepper, onion powder, garlic powder, allspice, Chinese five-spice powder, and celery salt together in a saucepan over medium heat. Bring to a boil, reduce heat to low, and simmer until flavors have blended and sauce is slightly reduced, 1 hour.

Nutrition Facts



Properties

Glycemic Index:19.56, Glycemic Load:4.21, Inflammation Score:-1, Nutrition Score:1.7273913103601%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 84.36kcal (4.22%), Fat: 0.14g (0.21%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 20.26g (6.75%), Net Carbohydrates: 19.9g (7.24%), Sugar: 18.3g (20.33%), Cholesterol: 0mg (0%), Sodium: 320.18mg (13.92%), Alcohol: 0.67g (100%), Alcohol %: 1.43% (100%), Protein: 0.48g (0.95%), Manganese: 0.11mg (5.5%), Potassium: 110.48mg (3.16%), Vitamin C: 2.52mg (3.05%), Vitamin B6: 0.05mg (2.72%), Copper: 0.05mg (2.44%), Vitamin E: 0.36mg (2.37%), Iron: 0.39mg (2.19%), Vitamin A: 99.87IU (2%), Vitamin B2: 0.03mg (1.98%), Calcium: 19.17mg (1.92%), Magnesium: 7.64mg (1.91%), Vitamin B3: 0.37mg (1.87%), Fiber: 0.36g (1.46%), Selenium: 0.92µg (1.32%), Phosphorus: 12.85mg (1.29%), Vitamin K: 1.21µg (1.16%), Vitamin B1: 0.02mg (1.08%), Folate: 4.3µg (1.07%)