



## Molasses Barbecue Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



89 kcal

SAUCE

### Ingredients

- ☐ 0.3 cup cider vinegar
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon hot sauce
- ☐ 2 juice of lemon grated
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.3 cup mustard prepared
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper

☐ 0.5 teaspoon salt

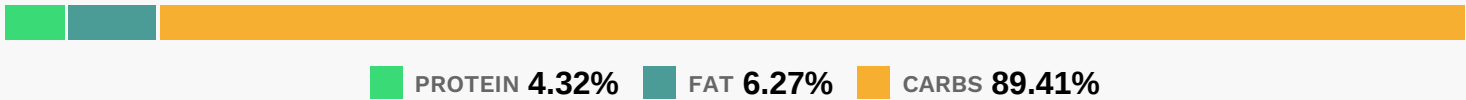
## Equipment

☐ sauce pan

## Directions

- ☐ Combine all ingredients in a small saucepan; bring to a boil. Reduce heat; simmer, uncovered, 5 minutes .
- ☐ Serve with pork chops.

## Nutrition Facts



## Properties

Glycemic Index:36, Glycemic Load:7.85, Inflammation Score:-4, Nutrition Score:5.4926086275474%

## Flavonoids

Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 1.74mg, Hesperetin: 1.74mg, Hesperetin: 1.74mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

## Nutrients (% of daily need)

Calories: 89kcal (4.45%), Fat: 0.64g (0.98%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 20.43g (6.81%), Net Carbohydrates: 19.35g (7.04%), Sugar: 18.08g (20.09%), Cholesterol: 0mg (0%), Sodium: 446.36mg (19.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Manganese: 0.49mg (24.57%), Magnesium: 65.9mg (16.48%), Selenium: 9.83µg (14.04%), Potassium: 406.37mg (11.61%), Vitamin B6: 0.19mg (9.66%), Iron: 1.43mg (7.96%), Vitamin C: 6.5mg (7.87%), Copper: 0.13mg (6.72%), Calcium: 62.92mg (6.29%), Fiber: 1.08g (4.31%), Vitamin B1: 0.05mg (3.5%), Phosphorus: 33.26mg (3.33%), Vitamin B5: 0.27mg (2.7%), Folate: 6.81µg (1.7%), Vitamin B3: 0.34mg (1.69%), Zinc: 0.22mg (1.48%), Vitamin B2: 0.02mg (1.1%)