



Mom's Barbecue Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



74 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons brown sugar packed
- ☐ 1 cup catsup
- ☐ 0.3 cup cooking sherry
- ☐ 2 teaspoons dijon mustard
- ☐ 4 teaspoons ginger fresh minced
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon lemon zest grated

- ☐ 1 teaspoon liquid smoke
- ☐ 0.3 cup soya sauce

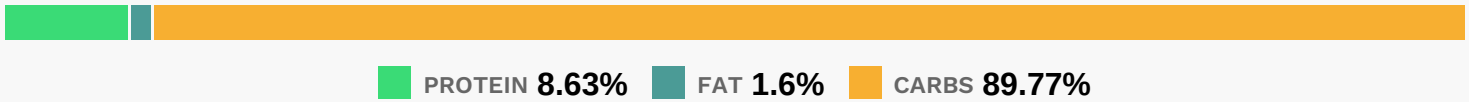
Equipment

- ☐ frying pan

Directions

- ☐ In a 2- to 3-quart pan, combine 1 cup catsup; 1/4 cup each soy sauce and cream sherry; 2 tablespoons each lemon juice and firmly packed brown sugar; 4 teaspoons minced fresh ginger; 2 teaspoons Dijon mustard; and 1 teaspoon each liquid smoke, minced garlic, and grated lemon peel. Stirring occasionally, bring to a boil over high heat; reduce heat and simmer, stirring often, until sauce is slightly thickened and reduced to 1 1/2 cups, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:2.6386956468872%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 73.68kcal (3.68%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 16.57g (5.52%), Net Carbohydrates: 16.22g (5.9%), Sugar: 12.85g (14.28%), Cholesterol: 0mg (0%), Sodium: 924.91mg (40.21%), Alcohol: 1.03g (100%), Alcohol %: 1.78% (100%), Protein: 1.59g (3.19%), Manganese: 0.12mg (6.05%), Vitamin C: 4.23mg (5.13%), Vitamin B6: 0.1mg (5.08%), Vitamin B2: 0.09mg (5.04%), Vitamin B3: 1mg (4.99%), Potassium: 161.04mg (4.6%), Vitamin A: 206.9IU (4.14%), Vitamin E: 0.6mg (4.01%), Magnesium: 12.27mg (3.07%), Phosphorus: 28.39mg (2.84%), Copper: 0.06mg (2.81%), Iron: 0.48mg (2.64%), Folate: 6.8µg (1.7%), Selenium: 1.07µg (1.53%), Calcium:

15.07mg (1.51%), Fiber: 0.36g (1.43%), Vitamin K: 1.27µg (1.21%), Vitamin B1: 0.02mg (1.1%)