



Mouthwatering Whiskey Grill Glaze

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



8

CALORIES



275 kcal

BEVERAGE

DRINK

Ingredients

- 2 cubes beef bouillon from cube
- 2 cups brown sugar packed
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon pepper sauce hot
- 1 cup pineapple juice
- 0.5 cup irish whiskey
- 4 tablespoons worcestershire sauce

Equipment

sauce pan

Directions

In a medium saucepan, place onion powder, garlic powder, hot pepper sauce, pineapple juice, whiskey, brown sugar, beef bouillon and Worcestershire sauce. Bring the mixture to a boil. Reduce heat and simmer 15 minutes.

Remove from heat and pour over grilled meats as desired.

Nutrition Facts

PROTEIN 0.73% **FAT 0.22%** **CARBS 99.05%**

Properties

Glycemic Index:8.25, Glycemic Load:1.75, Inflammation Score:-1, Nutrition Score:2.5591304247956%

Nutrients (% of daily need)

Calories: 274.6kcal (13.73%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 60.85g (20.28%), Net Carbohydrates: 60.56g (22.02%), Sugar: 57.26g (63.62%), Cholesterol: 0mg (0%), Sodium: 174.4mg (7.58%), Alcohol: 5.31g (100%), Alcohol %: 6% (100%), Protein: 0.45g (0.9%), Manganese: 0.21mg (10.36%), Vitamin C: 5.49mg (6.65%), Calcium: 62.92mg (6.29%), Potassium: 203.08mg (5.8%), Iron: 1.04mg (5.75%), Vitamin B6: 0.08mg (3.88%), Copper: 0.08mg (3.81%), Magnesium: 11.45mg (2.86%), Vitamin B1: 0.03mg (2.21%), Folate: 7.69µg (1.92%), Phosphorus: 17.37mg (1.74%), Selenium: 1.1µg (1.58%), Vitamin B2: 0.02mg (1.24%), Fiber: 0.29g (1.15%), Vitamin B5: 0.1mg (1.05%), Vitamin B3: 0.21mg (1.04%)