



## Mustard Based BBQ Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



7 min.

SERVINGS



6

CALORIES



105 kcal

SAUCE

### Ingredients

- 6 servings ground pepper black to taste
- 0.3 cup honey
- 0.3 cup brown sugar light
- 0.3 cup vinegar white
- 1 cup mustard yellow prepared

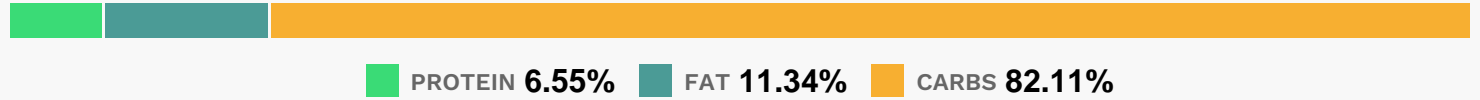
### Equipment

- sauce pan

## Directions

- In a saucepan over medium heat, stir together the mustard, honey, brown sugar and vinegar. Season with black pepper. Bring to a boil, and let simmer for 5 minutes.
- Pour over cooked pulled pork or beef. If you want more flavor, let the meat simmer in the sauce for about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:27.71, Glycemic Load:6.22, Inflammation Score:-1, Nutrition Score:3.3917390665282%

## Nutrients (% of daily need)

Calories: 105.25kcal (5.26%), Fat: 1.41g (2.16%), Saturated Fat: 0.11g (0.66%), Carbohydrates: 22.9g (7.63%), Net Carbohydrates: 21.06g (7.66%), Sugar: 21.08g (23.42%), Cholesterol: 0mg (0%), Sodium: 459.86mg (19.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.66%), Selenium: 14.39µg (20.56%), Manganese: 0.21mg (10.44%), Fiber: 1.84g (7.35%), Magnesium: 21.3mg (5.33%), Vitamin B1: 0.08mg (5.24%), Phosphorus: 46.33mg (4.63%), Iron: 0.8mg (4.43%), Calcium: 35.68mg (3.57%), Potassium: 83.33mg (2.38%), Copper: 0.04mg (2.1%), Zinc: 0.3mg (2.01%), Vitamin B2: 0.03mg (1.94%), Vitamin B6: 0.04mg (1.8%), Vitamin B5: 0.15mg (1.48%), Vitamin B3: 0.26mg (1.31%)