



Nana's Barbeque Sauce

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

READY IN



10 min.

SERVINGS



8

CALORIES



87 kcal

SAUCE

Ingredients

- 0.3 teaspoon pepper black
- 0.5 cup brown sugar
- 1 pinch celery salt
- 0.1 teaspoon ground allspice
- 1 cup catsup
- 2 teaspoons juice of lemon
- 1 pinch ground mustard
- 2 tablespoons onion chopped

- 0.3 cup vinegar white
- 1 teaspoon worcestershire sauce

Equipment

- sauce pan

Directions

- Combine ketchup, vinegar, sugar, onion, and lemon juice in a small saucepan. Season with Worcestershire sauce, black pepper, allspice, celery salt, and mustard powder. Simmer over medium low heat for 5 minutes.

Nutrition Facts

PROTEIN 1.76% **FAT 0.84%** **CARBS 97.4%**

Properties

Glycemic Index:15.5, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.556521727987%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 86.71kcal (4.34%), Fat: 0.09g (0.13%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 22.27g (7.42%), Net Carbohydrates: 22.1g (8.04%), Sugar: 19.95g (22.17%), Cholesterol: 0mg (0%), Sodium: 290.87mg (12.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.8%), Potassium: 115.76mg (3.31%), Vitamin A: 155.17IU (3.1%), Vitamin B2: 0.05mg (3.06%), Vitamin E: 0.45mg (2.99%), Manganese: 0.06mg (2.91%), Vitamin B6: 0.06mg (2.87%), Vitamin C: 2.02mg (2.45%), Vitamin B3: 0.46mg (2.3%), Calcium: 18.66mg (1.87%), Copper: 0.04mg (1.85%), Magnesium: 6.25mg (1.56%), Iron: 0.27mg (1.5%), Phosphorus: 11.11mg (1.11%)