



HEALTH SCORE

95%

North Carolina BBQ Sauce



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



35 min.

SERVINGS



8

CALORIES



422 kcal

SAUCE

Ingredients

- ☐ 1.3 cups cayenne pepper
- ☐ 1.1 cups ground pepper black
- ☐ 3 lemons
- ☐ 0.8 cup ground mustard
- ☐ 0.5 cup salt
- ☐ 1 gallon vinegar white
- ☐ 20 fluid ounce worcestershire sauce

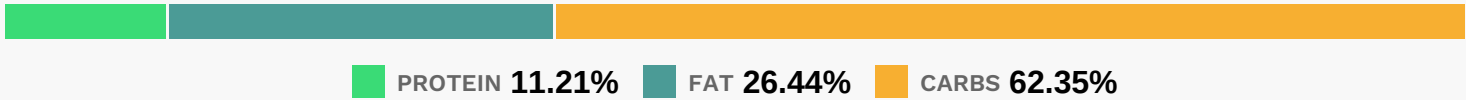
Equipment

☐ pot

Directions

☐ Combine the vinegar, cayenne pepper, black pepper, mustard powder, salt, lemons, and Worcestershire sauce in a large pot; bring to a simmer. Bring to a boil, then turn heat to low and simmer for at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:17.44, Glycemic Load:8.6, Inflammation Score:-10, Nutrition Score:44.92695700604%

Flavonoids

Eriodictyol: 8.65mg, Eriodictyol: 8.65mg, Eriodictyol: 8.65mg, Eriodictyol: 8.65mg Hesperetin: 11.3mg, Hesperetin: 11.3mg, Hesperetin: 11.3mg, Hesperetin: 11.3mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 422.27kcal (21.11%), Fat: 12.26g (18.87%), Saturated Fat: 2g (12.48%), Carbohydrates: 65.06g (21.69%), Net Carbohydrates: 43.35g (15.76%), Sugar: 13.68g (15.2%), Cholesterol: 0mg (0%), Sodium: 8064.64mg (350.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.69g (23.39%), Vitamin A: 16660.31IU (333.21%), Manganese: 5.61mg (280.45%), Fiber: 21.71g (86.83%), Vitamin E: 12.82mg (85.48%), Vitamin K: 87.5µg (83.33%), Vitamin C: 62.03mg (75.19%), Iron: 11.75mg (65.27%), Vitamin B6: 1.14mg (57.09%), Potassium: 1981.01mg (56.6%), Selenium: 32.4µg (46.29%), Magnesium: 177.95mg (44.49%), Copper: 0.86mg (43.09%), Calcium: 359.32mg (35.93%), Phosphorus: 334.89mg (33.49%), Vitamin B2: 0.56mg (32.77%), Vitamin B3: 4.92mg (24.62%), Vitamin B1: 0.33mg (21.84%), Folate: 76.81µg (19.2%), Zinc: 2.32mg (15.44%), Vitamin B5: 0.64mg (6.37%)