



North Carolina Eastern-Style Barbecue Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



121 kcal

SAUCE

Ingredients

- ☐ 1 cup ginger ale
- ☐ 1 tablespoons ground pepper
- ☐ 3 tablespoons pepper dried red crushed
- ☐ 7 cups vinegar

Equipment

Directions

- ☐
- Stir together all ingredients until well blended.

☐

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:3.53, Inflammation Score:-8, Nutrition Score:6.5860869737099%

Nutrients (% of daily need)

Calories: 121.07kcal (6.05%), Fat: 0.91g (1.39%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 9.29g (3.1%), Net Carbohydrates: 6.82g (2.48%), Sugar: 5.87g (6.52%), Cholesterol: 0mg (0%), Sodium: 111.75mg (4.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.93%), Vitamin A: 1787.2IU (35.74%), Manganese: 0.55mg (27.32%), Vitamin E: 2.3mg (15.36%), Fiber: 2.47g (9.87%), Vitamin K: 8.8µg (8.38%), Iron: 1.42mg (7.91%), Vitamin B6: 0.13mg (6.5%), Copper: 0.12mg (5.87%), Calcium: 54.99mg (5.5%), Selenium: 3.59µg (5.13%), Potassium: 146.45mg (4.18%), Magnesium: 16.56mg (4.14%), Phosphorus: 38.22mg (3.82%), Vitamin B3: 0.71mg (3.57%), Vitamin B2: 0.06mg (3.48%), Zinc: 0.35mg (2.33%), Vitamin B1: 0.02mg (1.11%)