



Papa John's Bar-B-Q Sauce



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



5

CALORIES



335 kcal

SAUCE

Ingredients

- ☐ 4 slices bacon diced
- ☐ 1 bay leaf
- ☐ 0.3 cup brown sugar packed
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 1 tablespoon chili powder
- ☐ 2 tablespoons plus dark
- ☐ 2 tablespoons mustard dry
- ☐ 3 cloves garlic minced

- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon liquid smoke flavoring
- ☐ 0.5 cup blackstrap molasses
- ☐ 1 large onion finely chopped
- ☐ 2 teaspoons paprika
- ☐ 1.5 teaspoons salt
- ☐ 3 teaspoons soya sauce
- ☐ 32.3 ounce tomato purée canned

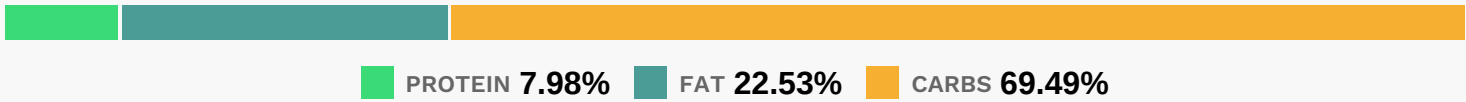
Equipment

- ☐ sauce pan

Directions

- ☐ In a large saucepan brown bacon until crispy and discard excess grease.
- ☐ Add onions and cook for a few minutes until wilted.
- ☐ Combine soy sauce, garlic, tomato puree, corn syrup, molasses, brown sugar and liquid smoke.
- ☐ Add to bacon and onion in the saucepan. Season with chili powder, mustard, paprika, cayenne, ground cloves, bay leaf and salt. Bring to a boil, reduce heat and simmer for 45 minutes to 1 hour.

Nutrition Facts



Properties

Glycemic Index:58.2, Glycemic Load:21.81, Inflammation Score:-9, Nutrition Score:19.7213043117%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 334.93kcal (16.75%), Fat: 8.94g (13.76%), Saturated Fat: 2.55g (15.95%), Carbohydrates: 62.07g (20.69%), Net Carbohydrates: 56.79g (20.65%), Sugar: 52.46g (58.29%), Cholesterol: 11.62mg (3.87%), Sodium: 1315.31mg (57.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.26%), Manganese: 1.13mg (56.39%), Magnesium: 141.37mg (35.34%), Potassium: 1212.16mg (34.63%), Vitamin B6: 0.68mg (34.07%), Copper: 0.58mg (28.94%), Iron: 5.06mg (28.13%), Vitamin A: 1291.91IU (25.84%), Selenium: 17.67µg (25.25%), Vitamin C: 19.87mg (24.08%), Vitamin E: 3.38mg (22.52%), Fiber: 5.28g (21.12%), Vitamin B3: 3.86mg (19.32%), Calcium: 169.59mg (16.96%), Vitamin B1: 0.25mg (16.64%), Phosphorus: 142.62mg (14.26%), Vitamin K: 12.51µg (11.91%), Vitamin B5: 1.01mg (10.12%), Vitamin B2: 0.16mg (9.37%), Folate: 35.77µg (8.94%), Zinc: 1.17mg (7.82%), Vitamin B12: 0.09µg (1.47%)