

Paul's Southern California BBQ Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



86 kcal

SAUCE

Ingredients

- ☐ 2 cups apple cider vinegar
- ☐ 1 cup brown sugar
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 teaspoon chili powder
- ☐ 1 teaspoon mustard dry
- ☐ 1 clove garlic minced peeled
- ☐ 0.3 cup catsup
- ☐ 2 tablespoons onion finely chopped

☐ 1 teaspoon seasoning salt

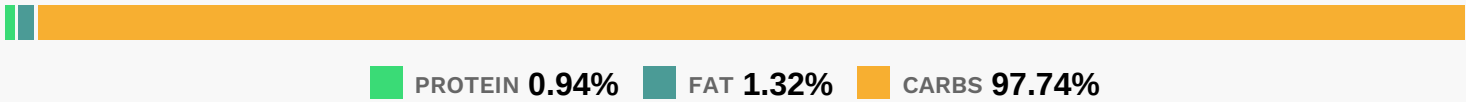
Equipment

☐ sauce pan

Directions

- ☐ Place the apple cider vinegar in a medium saucepan, and bring to a boil.
- ☐ Mix in the ketchup, onion, garlic, dry mustard, chili powder, seasoning salt, and cayenne pepper. Stir in the brown sugar. Cook, stirring often, 10 to 15 minutes.
- ☐ Reduce heat, and, stirring occasionally, allow the mixture to simmer about 45 minutes, until thickened. Cool before serving.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:1.1826086990211%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 85.97kcal (4.3%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 20.19g (6.73%), Net Carbohydrates: 20.02g (7.28%), Sugar: 19.12g (21.25%), Cholesterol: 0mg (0%), Sodium: 249.18mg (10.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.39%), Manganese: 0.13mg (6.65%), Vitamin A: 144.52IU (2.89%), Potassium: 78.82mg (2.25%), Calcium: 20.95mg (2.1%), Iron: 0.29mg (1.63%), Vitamin B6: 0.03mg (1.44%), Magnesium: 5.64mg (1.41%), Vitamin E: 0.2mg (1.3%), Selenium: 0.73µg (1.05%), Copper: 0.02mg (1.05%)