



Peppery Barbecue Sauce



Gluten Free



Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

504 kcal

SAUCE

Ingredients



2 cups firmly brown sugar packed



4 garlic cloves minced



2 tablespoons hot sauce



4 cups catsup



2 tablespoons mustard prepared



2 tablespoons pepper



1 teaspoons salt



2 tablespoons vegetable oil

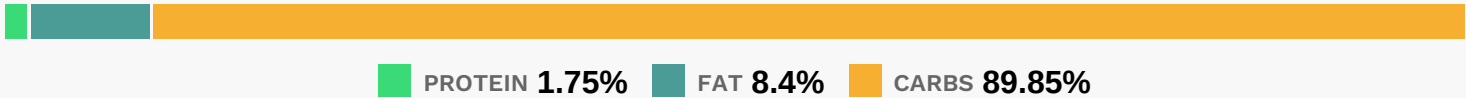
- ☐ 1 cup vinegar white
- ☐ 2 tablespoons worcestershire sauce

Equipment

Directions

- ☐ Stir together all ingredients.
- ☐ Pour into hot sterilized jars, and seal. Store in refrigerator up to 1 month.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.46, Inflammation Score:-6, Nutrition Score:9.7856521502785%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 503.88kcal (25.19%), Fat: 4.95g (7.62%), Saturated Fat: 0.76g (4.74%), Carbohydrates: 119.17g (39.72%), Net Carbohydrates: 117.91g (42.88%), Sugar: 105.96g (117.73%), Cholesterol: 0mg (0%), Sodium: 2104.1mg (91.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.64%), Manganese: 0.54mg (27.06%), Vitamin E: 2.76mg (18.38%), Potassium: 641.74mg (18.34%), Vitamin A: 846.97IU (16.94%), Vitamin B2: 0.29mg (16.8%), Vitamin B6: 0.32mg (16.19%), Vitamin K: 16.68µg (15.89%), Vitamin C: 11.18mg (13.55%), Vitamin B3: 2.48mg (12.42%), Copper: 0.22mg (11.11%), Calcium: 109.7mg (10.97%), Iron: 1.73mg (9.59%), Magnesium: 35.11mg (8.78%), Selenium: 4.32µg (6.18%), Phosphorus: 61.73mg (6.17%), Fiber: 1.26g (5.02%), Folate: 16.6µg (4.15%), Zinc: 0.39mg (2.63%), Vitamin B1: 0.04mg (2.58%), Vitamin B5: 0.23mg (2.32%)