



## Quick Barbecue Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



24 kcal

SAUCE

## Ingredients

- 0.5 teaspoon pepper black
- 0.3 cup cider vinegar
- 1 tablespoon dijon mustard
- 1 cup catsup
- 0.5 teaspoon kosher salt
- 2 tablespoons blackstrap molasses
- 1 tablespoon water

## Equipment

sauce pan

## Directions

In a small saucepan, over low heat, combine the ketchup, vinegar, molasses, mustard, water, salt, and pepper. Cook for 3 to 5 minutes. Baste the meat, chicken, or seafood with the sauce during the last 10 minutes of grilling.

## Nutrition Facts



**PROTEIN 3.15%** **FAT 1.8%** **CARBS 95.05%**

## Properties

Glycemic Index:9.25, Glycemic Load:0.85, Inflammation Score:-1, Nutrition Score:1.054782618647%

## Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 23.91kcal (1.2%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 6g (2.18%), Sugar: 5.09g (5.66%), Cholesterol: 0mg (0%), Sodium: 220.2mg (9.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Manganese: 0.07mg (3.72%), Potassium: 83.63mg (2.39%), Magnesium: 8.75mg (2.19%), Vitamin B6: 0.04mg (2.06%), Vitamin A: 77.96IU (1.56%), Vitamin B2: 0.03mg (1.51%), Vitamin E: 0.22mg (1.49%), Copper: 0.03mg (1.35%), Selenium: 0.88µg (1.25%), Vitamin B3: 0.24mg (1.22%), Iron: 0.2mg (1.11%)