



Ranch-Barbecue Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



5

CALORIES



244 kcal

SAUCE

Ingredients

- ☐ 18 ounce barbecue sauce
- ☐ 0.5 teaspoon mustard dry
- ☐ 0.3 cup honey
- ☐ 1 ounce ranch dressing mix

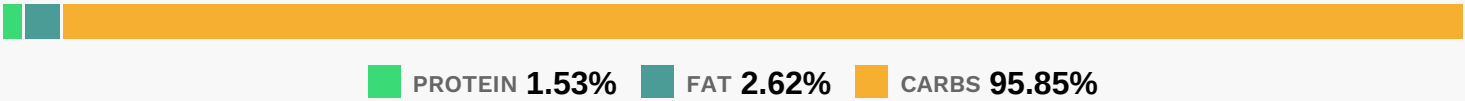
Equipment

- ☐ sauce pan

Directions

- ☐
- Stir together all ingredients in a saucepan over medium-high heat; bring to a boil. Reduce heat, and simmer, stirring occasionally, 20 minutes.
- ☐
- Note: For testing purposes only, we used Stubb's Original Bar-B-Q Sauce.

Nutrition Facts



Properties

Glycemic Index:10.45, Glycemic Load:7.28, Inflammation Score:-2, Nutrition Score:2.9539130641067%

Nutrients (% of daily need)

Calories: 243.85kcal (12.19%), Fat: 0.72g (1.1%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 58.81g (19.6%), Net Carbohydrates: 57.84g (21.03%), Sugar: 47.81g (53.13%), Cholesterol: 0mg (0%), Sodium: 1477.15mg (64.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Manganese: 0.15mg (7.35%), Potassium: 247.07mg (7.06%), Vitamin E: 0.83mg (5.51%), Vitamin A: 228.67IU (4.57%), Iron: 0.74mg (4.13%), Vitamin B6: 0.08mg (4.07%), Copper: 0.08mg (4.04%), Fiber: 0.98g (3.91%), Vitamin B2: 0.06mg (3.77%), Magnesium: 14.35mg (3.59%), Calcium: 35.23mg (3.52%), Vitamin B3: 0.64mg (3.2%), Selenium: 1.88µg (2.68%), Phosphorus: 22.75mg (2.27%), Vitamin B5: 0.18mg (1.81%), Vitamin K: 1.85µg (1.76%), Vitamin B1: 0.03mg (1.67%), Zinc: 0.22mg (1.49%)