



Raspberry Hot Barbecue Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



409 kcal

SAUCE

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 1 cup dill pickle juice
- ☐ 1 tablespoon onion flakes dried minced
- ☐ 2 teaspoons garlic powder
- ☐ 8 servings ground pepper black to taste
- ☐ 8 ounce honey
- ☐ 36 ounce catsup
- ☐ 1 dash pepper sauce hot to taste

- ☐ 1.3 cups raspberry preserves
- ☐ 1 tablespoon pepper flakes red
- ☐ 0.3 cup red wine vinegar
- ☐ 2 tablespoons spicy mustard prepared

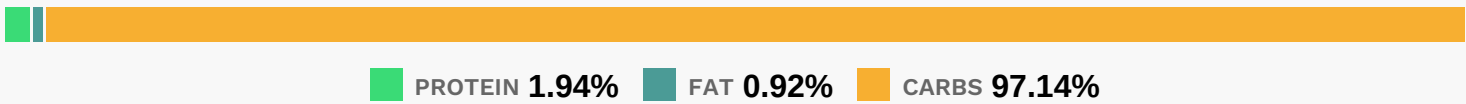
Equipment

- ☐ sauce pan

Directions

- ☐ Stir together the ketchup, raspberry preserves, honey, pickle juice, mustard, brown sugar, vinegar, red pepper flakes, onion flakes, garlic powder, and black pepper in a saucepan over medium heat. Bring to a boil while stirring. Reduce heat to low and stir in the hot sauce; allow to simmer about 1 hour.

Nutrition Facts



Properties

Glycemic Index:22.03, Glycemic Load:32.04, Inflammation Score:-6, Nutrition Score:7.6095652321111%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 409.19kcal (20.46%), Fat: 0.45g (0.69%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 105.63g (35.21%), Net Carbohydrates: 103.94g (37.8%), Sugar: 83.26g (92.51%), Cholesterol: 0mg (0%), Sodium: 1680.13mg (73.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.21%), Vitamin A: 954.29IU (19.09%), Vitamin B2: 0.28mg (16.27%), Vitamin E: 2.33mg (15.52%), Potassium: 472.71mg (13.51%), Vitamin B6: 0.27mg (13.4%), Vitamin C: 10.61mg (12.86%), Manganese: 0.24mg (12.03%), Vitamin B3: 2.04mg (10.18%), Copper: 0.2mg (9.84%), Iron: 1.21mg (6.74%), Fiber: 1.68g (6.73%), Magnesium: 24.91mg (6.23%), Phosphorus: 57.68mg (5.77%), Selenium: 3.96µg (5.66%), Folate: 19.91µg (4.98%), Vitamin K: 5.13µg (4.89%), Calcium: 46.07mg (4.61%), Zinc: 0.42mg (2.79%), Vitamin B1: 0.04mg (2.57%), Vitamin B5: 0.13mg (1.35%)