



Root Beer Barbecue Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



93 kcal

SAUCE

Ingredients

- ☐ 1.5 tablespoons t brown sugar dark packed ()
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 cup catsup
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 1 teaspoon liquid smoke
- ☐ 1 tablespoon blackstrap molasses light ()

- ☐ 0.5 teaspoon onion powder
- ☐ 0.3 cup orange juice
- ☐ 1 cup root beer
- ☐ 3 tablespoons worcestershire sauce

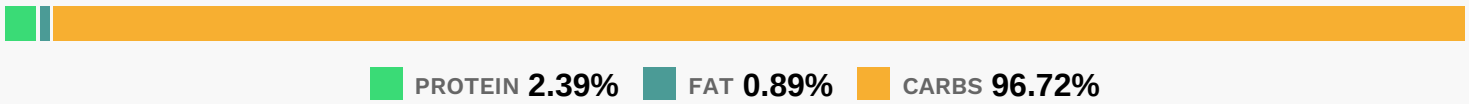
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine all ingredients in heavy medium saucepan. Bring to boil over medium heat, stirring occasionally. Reduce heat to medium-low and simmer until reduced to 1 1/2 cups, about 20 minutes. Season sauce to taste with salt and pepper. Cool slightly.
- ☐ Transfer to bowl. Cover and refrigerate. (Can be made 2 weeks ahead; keep refrigerated.)
- ☐ *Smoke-flavored liquid seasoning is available at specialty foods stores and many supermarkets.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:1.65, Inflammation Score:-3, Nutrition Score:3.530434820963%

Flavonoids

Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 93.06kcal (4.65%), Fat: 0.1g (0.15%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 24.43g (8.14%), Net Carbohydrates: 24.17g (8.79%), Sugar: 20.09g (22.33%), Cholesterol: 0mg (0%), Sodium: 482.87mg (20.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.21%), Vitamin C: 12.1mg (14.67%), Manganese: 0.16mg (8.02%), Potassium: 271.68mg (7.76%), Vitamin B6: 0.1mg (5.11%), Vitamin B2: 0.08mg (4.88%), Iron: 0.87mg

(4.85%), Vitamin A: 233.32IU (4.67%), Magnesium: 17.54mg (4.39%), Vitamin E: 0.61mg (4.08%), Copper: 0.08mg (4.04%), Vitamin B3: 0.74mg (3.68%), Calcium: 29.38mg (2.94%), Folate: 9.71µg (2.43%), Phosphorus: 21.09mg (2.11%), Vitamin B1: 0.03mg (1.7%), Selenium: 1.19µg (1.7%), Vitamin K: 1.3µg (1.24%), Fiber: 0.26g (1.04%), Zinc: 0.15mg (1.02%)