



Root Beer BBQ Sauce



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



274 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon chipotle chile powder
- ☐ 2 teaspoons garlic powder
- ☐ 1 teaspoon ground ginger
- ☐ 2 cups catsup
- ☐ 0.3 cup blackstrap molasses
- ☐ 2 teaspoons onion powder
- ☐ 0.5 cup no-pulp orange juice
- ☐ 1 teaspoon paprika hot

- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 2 cups root beer
- ☐ 0.3 cup worcestershire sauce

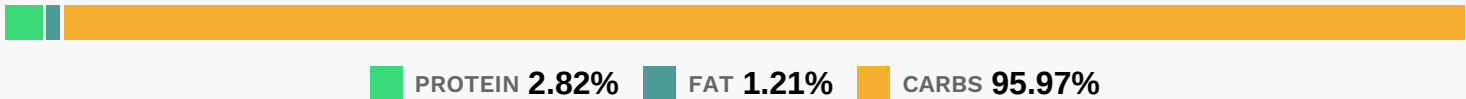
Equipment

- ☐ sauce pan

Directions

- ☐ Stir together the root beer, ketchup, orange juice, Worcestershire sauce, and molasses in a saucepan. Season with ginger, paprika, chipotle powder, garlic powder, onion powder, and red pepper flakes. Bring to a boil over high heat, then reduce heat to medium-low and simmer 15 minutes, stirring occasionally. Use immediately or store in the refrigerator up to a week.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:8.63, Inflammation Score:-7, Nutrition Score:11.615217416183%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 274.06kcal (13.7%), Fat: 0.4g (0.61%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 71.14g (23.71%), Net Carbohydrates: 69.75g (25.36%), Sugar: 58.82g (65.36%), Cholesterol: 0mg (0%), Sodium: 1342.55mg (58.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Manganese: 0.67mg (33.36%), Vitamin C: 22.92mg (27.78%), Potassium: 896.01mg (25.6%), Vitamin A: 1011.72IU (20.23%), Vitamin B6: 0.39mg (19.71%), Magnesium: 78.01mg (19.5%), Iron: 2.82mg (15.65%), Vitamin B2: 0.24mg (14.33%), Copper: 0.28mg (14.16%), Vitamin E: 2.03mg (13.55%), Vitamin B3: 2.3mg (11.49%), Calcium: 96.44mg (9.64%), Selenium: 5.69µg (8.12%), Phosphorus: 65.9mg (6.59%), Folate: 23.2µg (5.8%), Fiber: 1.39g (5.57%), Vitamin B1: 0.08mg (5.02%), Vitamin K: 4.52µg (4.3%), Zinc: 0.53mg (3.55%), Vitamin B5: 0.32mg (3.2%)