



## Ruby's Barbecue Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



5

CALORIES



522 kcal

SAUCE

### Ingredients

- 0.5 tablespoon pepper black
- 0.5 cup brown sugar
- 6 tablespoons soybean oil
- 0.5 tablespoon cayenne pepper
- 0.8 cup cider vinegar
- 0.5 teaspoon garlic salt
- 4 jalapeño peppers diced stemmed (do not remove seeds)
- 3 cups catsup

- 0.5 cup blackstrap molasses
- 1 tablespoon ground mustard dry
- 1 medium onion diced
- 1 tablespoon salt
- 1 cup water
- 0.5 cup worcestershire sauce

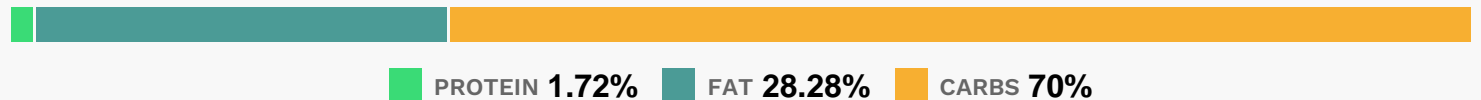
## Equipment

- sauce pan
- whisk

## Directions

- Heat oil in a large saucepan over medium heat.
- Add onions and jalapenos and cook over medium heat until onions are soft and transparent, about 5 minutes.
- Add salt, dry mustard, black pepper, cayenne, and garlic salt. Stir to combine and then mix in the brown sugar.
- Add the cider vinegar, ketchup, molasses, Worcestershire, and water and whisk all together until thoroughly combined. Reduce heat to low and simmer for about 20 to 35 minutes, whisking every few minutes to prevent sauce from burning and sticking to bottom. Strain sauce to remove onions and jalapenos before serving.

## Nutrition Facts



## Properties

Glycemic Index:41.4, Glycemic Load:11.92, Inflammation Score:-8, Nutrition Score:17.224782694941%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.27mg, Quercetin:

6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

## Nutrients (% of daily need)

Calories: 522kcal (26.1%), Fat: 17.17g (26.42%), Saturated Fat: 2.59g (16.17%), Carbohydrates: 95.67g (31.89%), Net Carbohydrates: 94.09g (34.21%), Sugar: 81.62g (90.69%), Cholesterol: 0mg (0%), Sodium: 3315.87mg (144.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.71%), Manganese: 0.93mg (46.29%), Vitamin K: 38.23µg (36.41%), Potassium: 1260.7mg (36.02%), Vitamin C: 24.87mg (30.15%), Magnesium: 118.98mg (29.75%), Vitamin B6: 0.56mg (27.76%), Vitamin E: 4.09mg (27.27%), Iron: 4.1mg (22.76%), Vitamin A: 1093.39IU (21.87%), Copper: 0.4mg (19.81%), Vitamin B2: 0.3mg (17.56%), Calcium: 156.83mg (15.68%), Selenium: 10.59µg (15.13%), Vitamin B3: 2.87mg (14.37%), Phosphorus: 91.43mg (9.14%), Folate: 25.48µg (6.37%), Fiber: 1.58g (6.31%), Vitamin B1: 0.08mg (5.14%), Vitamin B5: 0.45mg (4.5%), Zinc: 0.58mg (3.88%)