



Scott's Savory BBQ Sauce



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



684 kcal

SAUCE

Ingredients

- ☐ 1 quart apple cider vinegar
- ☐ 1 tablespoon pepper black
- ☐ 1 pound t brown sugar dark
- ☐ 1 tablespoon garlic powder
- ☐ 20 ounce catsup
- ☐ 0.5 cup juice of lemon
- ☐ 0.3 cup paprika
- ☐ 2 tablespoons pepper red

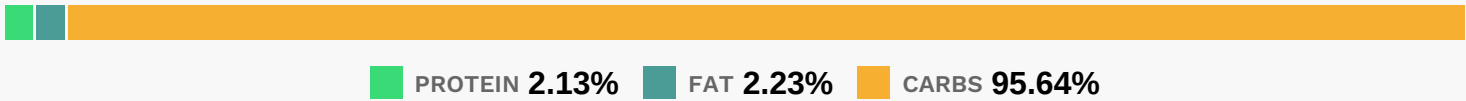
- ☐ 0.3 cup salt
- ☐ 0.3 cup worcestershire sauce

Equipment

Directions

- ☐ In a large container, mix together the apple cider vinegar, ketchup, paprika, brown sugar, salt, pepper, red pepper flakes, garlic powder, Worcestershire sauce and lemon juice.
- ☐ Pour into an empty vinegar bottle, ketchup bottle or other container and store in the refrigerator for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:1.32, Inflammation Score:-10, Nutrition Score:20.978695579197%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 684.41kcal (34.22%), Fat: 1.72g (2.65%), Saturated Fat: 0.3g (1.88%), Carbohydrates: 165.73g (55.24%), Net Carbohydrates: 160.91g (58.51%), Sugar: 144.67g (160.74%), Cholesterol: 0mg (0%), Sodium: 8698mg (378.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.39%), Vitamin A: 5261.42IU (105.23%), Manganese: 1.21mg (60.51%), Vitamin E: 5.65mg (37.65%), Potassium: 1167.91mg (33.37%), Iron: 5.15mg (28.6%), Vitamin B6: 0.55mg (27.51%), Vitamin C: 19.96mg (24.2%), Vitamin B2: 0.39mg (22.84%), Calcium: 193.43mg (19.34%), Fiber: 4.82g (19.3%), Copper: 0.36mg (17.81%), Vitamin B3: 3.48mg (17.38%), Magnesium: 66.79mg (16.7%), Vitamin K: 16.54µg (15.75%), Phosphorus: 116.91mg (11.69%), Folate: 26.99µg (6.75%), Zinc: 0.98mg (6.52%), Selenium: 4.52µg (6.45%), Vitamin B1: 0.08mg (5.17%), Vitamin B5: 0.5mg (4.97%)