



Slow-Cooker Barbecue Sauce

 Gluten Free  Dairy Free

READY IN



375 min.

SERVINGS



68

CALORIES



21 kcal

SAUCE

Ingredients

- 0.3 cup brown sugar packed
- 1 tablespoon celery salt
- 1 tablespoon apple cider vinegar
- 1 tablespoon ground mustard
- 4 cups catsup
- 2 tablespoons blackstrap molasses
- 0.5 cup onion finely chopped
- 4 teaspoons paprika

- 0.5 teaspoon pepper
- 0.5 cup water
- 2 tablespoons worcestershire sauce

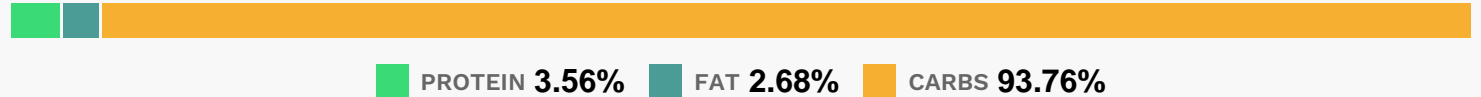
Equipment

- whisk
- slow cooker

Directions

- Spray 3- to 4-quart slow cooker with cooking spray.
- Place all ingredients in cooker.
- Cover; cook on Low heat setting 6 to 8 hours.
- With wire whisk, vigorously beat sauce before serving. Sauce will hold on Low heat setting up to 2 hours; stir occasionally. Store covered in refrigerator up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:2.32, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:0.84391302647798%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 20.83kcal (1.04%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 5.41g (1.8%), Net Carbohydrates: 5.29g (1.92%), Sugar: 4.35g (4.83%), Cholesterol: 0mg (0%), Sodium: 237.83mg (10.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.41%), Vitamin A: 130.9IU (2.62%), Potassium: 58.87mg (1.68%), Vitamin E: 0.25mg (1.64%), Manganese: 0.03mg (1.6%), Vitamin B6: 0.03mg (1.55%), Vitamin B2: 0.03mg (1.54%), Vitamin B3: 0.23mg (1.15%), Magnesium: 4.16mg (1.04%)