



Smokin' Jack BBQ Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



11

CALORIES



369 kcal

SAUCE

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 6 ounces chipotle peppers in adobo sauce
- ☐ 1 cup brown sugar dark
- ☐ 1.5 teaspoons garlic powder
- ☐ 1.5 teaspoons ground coriander
- ☐ 1.5 teaspoons ground mustard
- ☐ 8 cups catsup
- ☐ 1 tablespoon kosher salt

- ☐ 2 tablespoons liquid hickory smoke flavoring
- ☐ 0.5 cup blackstrap molasses
- ☐ 1.5 teaspoons onion powder
- ☐ 1.5 teaspoons freshly cracked pepper black
- ☐ 1.5 teaspoons paprika smoked
- ☐ 1 cup irish whiskey (such as Jack Daniel's®)

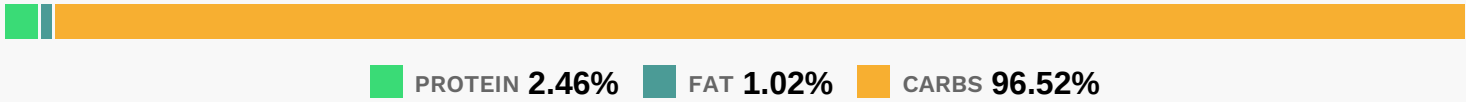
Equipment

- ☐ pot

Directions

- ☐ Combine the ketchup, chipotle peppers in their sauce, apple cider vinegar, molasses, onion powder, garlic powder, ground mustard, smoked paprika, coriander, salt, black pepper, brown sugar, whiskey, and liquid smoke flavoring in a large pot, and bring to a gentle boil over medium heat, stirring frequently. Cook the sauce for 15 minutes, then reduce heat to low and simmer 15 more minutes, stirring often. Use immediately or refrigerate.

Nutrition Facts



Properties

Glycemic Index:13.73, Glycemic Load:5.13, Inflammation Score:-7, Nutrition Score:10.209130339001%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 368.88kcal (18.44%), Fat: 0.39g (0.6%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 82.65g (27.55%), Net Carbohydrates: 80.19g (29.16%), Sugar: 69.19g (76.88%), Cholesterol: 0mg (0%), Sodium: 2236.18mg (97.23%), Alcohol: 7.72g (100%), Alcohol %: 3.71% (100%), Protein: 2.11g (4.21%), Manganese: 0.51mg (25.44%), Potassium: 771.87mg (22.05%), Vitamin A: 1032.1IU (20.64%), Vitamin B6: 0.4mg (20.15%), Vitamin E: 2.65mg (17.65%), Vitamin B2: 0.3mg (17.44%), Magnesium: 65.6mg (16.4%), Vitamin B3: 2.72mg (13.62%), Copper: 0.25mg (12.53%), Iron: 2.07mg (11.48%), Fiber: 2.46g (9.84%), Vitamin C: 7.3mg (8.85%), Calcium: 81.2mg (8.12%), Selenium: 5.01µg (7.15%),

Phosphorus: 59.68mg (5.97%), Vitamin K: 5.93µg (5.65%), Folate: 16.9µg (4.22%), Zinc: 0.43mg (2.83%), Vitamin B5: 0.25mg (2.5%), Vitamin B1: 0.03mg (2.28%)