



South Carolina Mustard BBQ Sauce



Vegetarian



Gluten Free



Popular

READY IN



40 min.

SERVINGS



8

CALORIES



124 kcal

SAUCE

Ingredients

- ☐ 4 Tbsp butter
- ☐ 0.5 onion grated
- ☐ 0.5 cup mustard yellow (the kind you get at the ballpark)
- ☐ 0.5 cup brown sugar
- ☐ 0.5 cup cider vinegar
- ☐ 1 Tbsp mustard dry (like Coleman's)
- ☐ 1 teaspoon cayenne
- ☐ 1 bay leaf

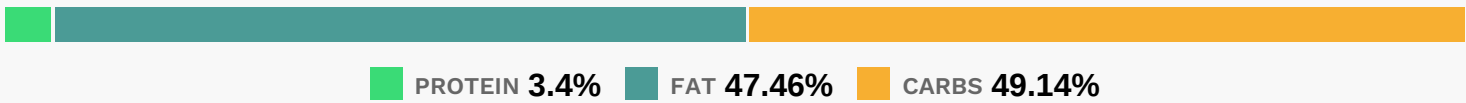
8 servings salt to taste

Equipment

Directions

- Heat the butter over medium heat until it's frothy, then add the onion and sauté for 3–4 minutes. Do not let the onions brown.
- Add everything else, stir well and simmer slowly for 30 minutes or more.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:2.5026087041782%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 123.82kcal (6.19%), Fat: 6.65g (10.23%), Saturated Fat: 3.72g (23.23%), Carbohydrates: 15.5g (5.17%), Net Carbohydrates: 14.53g (5.28%), Sugar: 14g (15.55%), Cholesterol: 15.27mg (5.09%), Sodium: 415.69mg (18.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.15%), Selenium: 7.42µg (10.6%), Manganese: 0.15mg (7.38%), Vitamin A: 293.69IU (5.87%), Fiber: 0.96g (3.86%), Magnesium: 13.92mg (3.48%), Phosphorus: 30.24mg (3.02%), Calcium: 28.47mg (2.85%), Iron: 0.5mg (2.77%), Vitamin B1: 0.04mg (2.72%), Vitamin E: 0.34mg (2.26%), Potassium: 75.88mg (2.17%), Vitamin B6: 0.03mg (1.73%), Copper: 0.03mg (1.43%), Zinc: 0.19mg (1.25%), Vitamin B2: 0.02mg (1.13%), Folate: 4.45µg (1.11%), Vitamin C: 0.83mg (1.01%)