



South Carolina-Style Mustard Barbecue Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



7

CALORIES



29 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon brown sugar light packed
- ☐ 7 servings pepper freshly ground
- ☐ 0.3 cup red wine vinegar
- ☐ 0.3 cup vinegar white
- ☐ 2 teaspoons worcestershire sauce
- ☐ 1 cup mustard yellow

Equipment

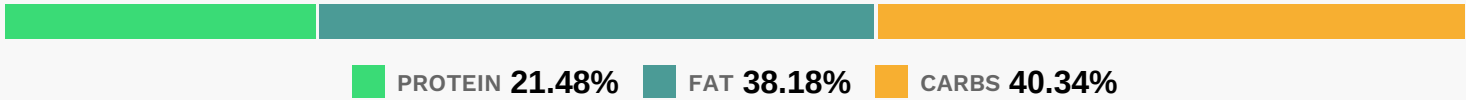
- ☐ bowl

☐ whisk

Directions

- ☐ Whisk the mustard, Worcestershire sauce, red wine vinegar, white vinegar, brown sugar and 1/2 teaspoon pepper in a bowl until combined. Refrigerate until ready to serve.
- ☐ Photograph by Andrew Purcell

Nutrition Facts



Properties

Glycemic Index:16.29, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:2.8369565761608%

Nutrients (% of daily need)

Calories: 28.7kcal (1.44%), Fat: 1.21g (1.85%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 2.87g (0.96%), Net Carbohydrates: 1.31g (0.48%), Sugar: 1.24g (1.37%), Cholesterol: 0mg (0%), Sodium: 414.62mg (18.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.05%), Selenium: 12.16µg (17.37%), Manganese: 0.17mg (8.52%), Fiber: 1.55g (6.22%), Vitamin B1: 0.07mg (4.57%), Magnesium: 17.95mg (4.49%), Phosphorus: 40.67mg (4.07%), Iron: 0.71mg (3.95%), Calcium: 26.22mg (2.62%), Potassium: 72.67mg (2.08%), Copper: 0.03mg (1.64%), Zinc: 0.24mg (1.57%), Vitamin B2: 0.03mg (1.52%), Vitamin B6: 0.03mg (1.25%), Vitamin B5: 0.11mg (1.09%), Vitamin B3: 0.21mg (1.07%)