



Southwest BBQ Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



107 kcal

SAUCE

Ingredients

- ☐ 1 cup musselman's® apple butter
- ☐ 0.5 cup catsup
- ☐ 0.5 teaspoon onion powder
- ☐ 1 teaspoon paprika
- ☐ 2 tablespoons worcestershire sauce

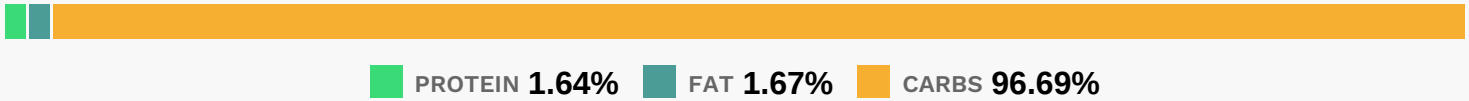
Equipment

- ☐ bowl

Directions

- ☐ Mix all ingredients in medium bowl.
- ☐ Store covered in refrigerator at least 1 hour before using. (Can be covered and refrigerated for a couple of weeks.)

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:2.2308695847573%

Flavonoids

Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 107.38kcal (5.37%), Fat: 0.21g (0.32%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 26.85g (8.95%), Net Carbohydrates: 25.95g (9.44%), Sugar: 21.46g (23.85%), Cholesterol: 0mg (0%), Sodium: 262.46mg (11.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.91%), Manganese: 0.18mg (8.77%), Vitamin A: 281.6IU (5.63%), Potassium: 153.54mg (4.39%), Fiber: 0.91g (3.63%), Copper: 0.07mg (3.46%), Iron: 0.59mg (3.29%), Vitamin B2: 0.05mg (3.16%), Vitamin B6: 0.06mg (2.87%), Vitamin E: 0.42mg (2.78%), Vitamin C: 1.88mg (2.28%), Vitamin B3: 0.4mg (1.98%), Calcium: 17.05mg (1.7%), Magnesium: 6mg (1.5%), Phosphorus: 13.94mg (1.39%), Vitamin K: 1.35µg (1.29%)