

Sweet and Smoky Barbeque Sauce

 **Gluten Free**

 **Dairy Free**

READY IN

ready

45 min.

SERVINGS

servings

40

CALORIES

calories

50 kcal

SAUCE

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 2 tablespoons pepper black freshly ground
- ☐ 6 tablespoons brown sugar packed
- ☐ 2 tablespoons garlic powder
- ☐ 1 teaspoon ground allspice
- ☐ 1 tablespoon ground chile pepper red
- ☐ 0.3 cup honey
- ☐ 4 cups catsup

- ☐ 1 tablespoon liquid smoke flavoring
- ☐ 0.3 cup blackstrap molasses
- ☐ 2 tablespoons rum
- ☐ 0.3 cup worcestershire sauce
- ☐ 2 tablespoons mustard yellow prepared

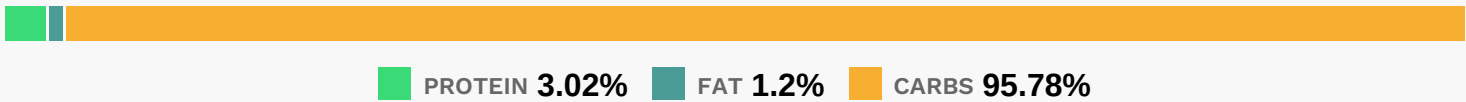
Equipment

- ☐ sauce pan

Directions

- ☐ Mix vinegar, brown sugar, molasses, honey, Worcestershire sauce, rum, mustard, liquid smoke, ground chile, black pepper, garlic powder, and allspice together in a heavy saucepan over medium heat. Bring to a boil, reduce heat, and simmer until sauce is smooth and brown sugar is dissolved, about 5 minutes.
- ☐ Stir ketchup into sauce and bring to a boil. Reduce heat and simmer, stirring occasionally, until sauce is dark and thickened, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:1.68, Inflammation Score:-1, Nutrition Score:1.7152174024478%

Flavonoids

Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 50.13kcal (2.51%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 12.61g (4.2%), Net Carbohydrates: 12.37g (4.5%), Sugar: 10.4g (11.55%), Cholesterol: 0mg (0%), Sodium: 251mg (10.91%), Alcohol: 0.25g (100%), Alcohol %: 0.84% (100%), Protein: 0.4g (0.79%), Manganese: 0.11mg (5.69%), Potassium: 129.25mg (3.69%), Vitamin B6: 0.06mg (3.16%), Vitamin B2: 0.04mg (2.64%), Vitamin A: 130.49IU (2.61%), Magnesium: 10.13mg (2.53%), Vitamin E: 0.36mg (2.42%), Copper: 0.04mg (2.18%), Vitamin C: 1.78mg (2.16%), Iron: 0.37mg (2.08%), Vitamin B3: 0.4mg (1.98%), Calcium: 14.09mg (1.41%), Selenium: 0.96µg (1.37%), Vitamin K: 1.29µg (1.23%), Phosphorus: 11.51mg (1.15%)