

SAUCES & DIPS

Sweet-and-Spicy Barbecue Sauce

25 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	5	\$1.62	513 kcal



If you have about 45 minutes to spend in the kitchen, Sweet-and-Spicy Barbecue Sauce might be a great gluten free and dairy free recipe to try. One serving contains 513 calories, 2g of protein, and 3g of fat. This recipe serves 5.

Ingredients

☐ 1 cup apple cider vinegar	☐ ½ cup apple juice
☐ 1 teaspoon freshly ground black pepper	☐ 1 cup firmly packed dark brown sugar
☐ 1 teaspoon celery seeds	☐ 2 garlic cloves, minced
☐ ½ cup honey	☐ 1 jalapeño pepper, seeded and minced
☐ 32 oz ketchup (such as Heinz)	☐ 1 teaspoon kosher salt
☐ 1 tablespoon olive oil	☐ ½ teaspoon dried crushed red pepper
☐ ½ cup chopped sweet onion	☐ 1 tablespoon Worcestershire sauce

Method

- 1
- Saut onion, minced garlic, and jalapeo pepper in hot olive oil in a large saucepan over medium-high heat 4 to 5 minutes or until tender. Stir in ketchup, dark brown sugar, vinegar, apple juice, honey, Worcestershire sauce, kosher salt, freshly ground black pepper, celery seeds, and dried crushed red pepper. Bring to a boil, stirring occasionally. Reduce heat to low; simmer, stirring occasionally, 30 minutes. Use immediately, or refrigerate in an airtight container up to 1 month.

Nutrition per serving			
	513	2 g	3 g
	KCAL	PROTEIN	FAT
			127 g
			CARBS
Saturated Fat			0.4 g · 3% of daily needs
Fibre			1.1 g · 5% of daily needs
Sugar			113 g · 126% of daily needs
Sodium			2,178 mg · 95% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			12.8 mg · 16% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/sweet-and-spicy-barbecue-sauce-145182