



Sweet and Tangy Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



72 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons beef broth
- ☐ 3 tablespoons firmly brown sugar packed
- ☐ 0.8 cup catsup
- ☐ 1 teaspoon hot sauce
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup onion chopped
- ☐ 6 tablespoons worcestershire

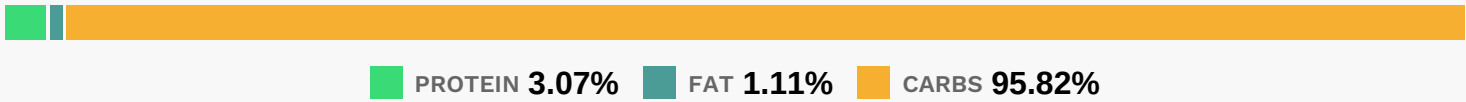
Equipment

☐ frying pan

Directions

- ☐ In a 1 1/2- to 2-quart pan, combine 3/4 cup catsup, 6 tablespoons beef broth or water, 6 tablespoons Worcestershire, 1/4 cup lemon juice, 3 tablespoons firmly packed brown sugar, 1/4 cup chopped onion, and 1 teaspoon hot sauce.
- ☐ Simmer until reduced to 1 1/2 cups, about 10 minutes.
- ☐ Add more hot sauce to taste.
- ☐ Serve warm or cool. If making ahead, chill airtight up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:2.6913043681694%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 72.2kcal (3.61%), Fat: 0.1g (0.15%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 18.48g (6.72%), Sugar: 14.46g (16.06%), Cholesterol: 0mg (0%), Sodium: 567.78mg (24.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.2%), Vitamin C: 8.37mg (10.14%), Potassium: 257.43mg (7.36%), Iron: 1.1mg (6.11%), Vitamin B2: 0.08mg (4.64%), Vitamin B3: 0.69mg (3.44%), Vitamin A: 169.15IU (3.38%), Copper: 0.07mg (3.34%), Vitamin B6: 0.07mg (3.25%), Vitamin E: 0.47mg (3.13%), Calcium: 30.75mg (3.08%), Phosphorus: 22.98mg (2.3%), Manganese: 0.05mg (2.26%), Magnesium: 8.26mg (2.06%), Folate: 7.76µg (1.94%), Vitamin B1: 0.02mg (1.42%), Vitamin K: 1.11µg (1.06%)