



Sweet-and-Tangy Tomato Barbecue Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



64 kcal

SAUCE

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 1 tablespoon chili powder
- ☐ 1.5 tablespoons blackstrap molasses dark
- ☐ 1 cup catsup
- ☐ 1 tablespoon onion powder
- ☐ 2 teaspoons pepper freshly ground
- ☐ 2 tablespoons tomato paste

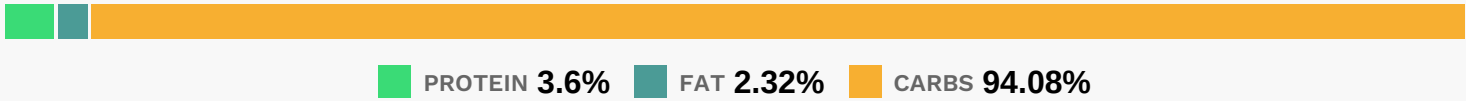
Equipment

☐ sauce pan

Directions

☐ Bring ketchup, 1 cup water, vinegar, brown sugar, onion powder, chili powder, tomato paste, molasses, and freshly ground pepper to a boil in a large saucepan over medium heat, stirring occasionally. Reduce heat to low; cover and cook, stirring occasionally, 25 minutes or until slightly thickened. Cool 10 minutes. Cover and chill until ready to serve. Store in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:16.1, Glycemic Load:1.28, Inflammation Score:-3, Nutrition Score:2.8243478070135%

Flavonoids

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

Nutrients (% of daily need)

Calories: 63.78kcal (3.19%), Fat: 0.18g (0.27%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 15.41g (5.6%), Sugar: 13.22g (14.68%), Cholesterol: 0mg (0%), Sodium: 259.72mg (11.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.23%), Manganese: 0.18mg (8.82%), Vitamin A: 411.31IU (8.23%), Vitamin E: 0.8mg (5.33%), Potassium: 184.63mg (5.28%), Vitamin B6: 0.09mg (4.51%), Magnesium: 15.28mg (3.82%), Copper: 0.07mg (3.37%), Iron: 0.58mg (3.22%), Vitamin B2: 0.05mg (3.15%), Vitamin B3: 0.58mg (2.88%), Fiber: 0.69g (2.76%), Vitamin K: 2.61µg (2.49%), Calcium: 23.12mg (2.31%), Vitamin C: 1.85mg (2.25%), Selenium: 1.23µg (1.75%), Phosphorus: 15.97mg (1.6%)