



Tangy Barbecue Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



246 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 8 ounce tomato sauce canned
- ☐ 2 dashes hot sauce
- ☐ 0.3 cup catsup
- ☐ 0.3 cup juice of lemon
- ☐ 1 Dash lawry's seasoned salt
- ☐ 0.5 cup sorghum syrup
- ☐ 0.8 cup steak sauce

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2 tablespoons worcestershire sauce

Equipment

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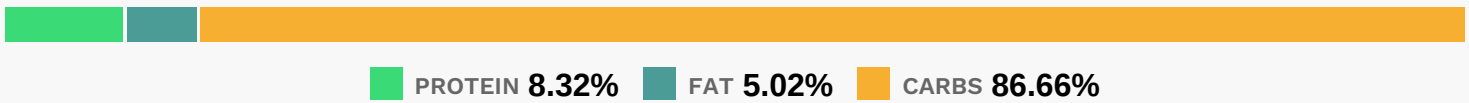
sauce pan

Directions

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Cook first 9 ingredients and, if desired, marmalade in a medium saucepan over low heat, stirring occasionally, 10 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:1.3, Inflammation Score:-5, Nutrition Score:9.29695649769%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 246.48kcal (12.32%), Fat: 1.49g (2.29%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 57.78g (19.26%), Net Carbohydrates: 53.63g (19.5%), Sugar: 22.15g (24.61%), Cholesterol: 0mg (0%), Sodium: 1679.62mg (73.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.1%), Vitamin C: 19.52mg (23.66%), Iron: 3.69mg (20.48%), Potassium: 699.16mg (19.98%), Fiber: 4.16g (16.62%), Phosphorus: 145.68mg (14.57%), Vitamin E: 2.1mg (14.03%), Vitamin B3: 2.62mg (13.09%), Vitamin A: 614.27IU (12.29%), Copper: 0.25mg (12.26%), Manganese: 0.21mg (10.55%), Vitamin B2: 0.18mg (10.44%), Vitamin B6: 0.18mg (9.02%), Vitamin B1: 0.13mg (8.61%), Magnesium: 27.39mg (6.85%), Calcium: 53.75mg (5.38%), Folate: 18.38µg (4.6%), Vitamin K: 4.13µg (3.93%), Zinc: 0.44mg (2.9%), Vitamin B5: 0.28mg (2.8%), Selenium: 1.24µg (1.77%)