



Tangy Sweet then Hot



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



3

CALORIES



602 kcal

SIDE DISH

Ingredients

- ☐ 2 cups apple cider vinegar
- ☐ 2 cups brown sugar packed
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon ground pepper black to taste
- ☐ 1 jalapeno minced
- ☐ 0.5 onion finely chopped

Equipment

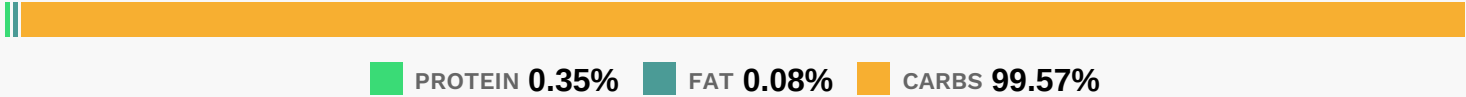
- ☐ sauce pan

pot

Directions

In a large saucepan or stock pot, mix together the apple cider vinegar, brown sugar, onion, jalapeno pepper, garlic and black pepper. Simmer over medium heat for at least 15 minutes. Use as a basting sauce, or add beef or pork ribs, and simmer for 1 hour, or until the meat falls off the bone.

Nutrition Facts



Properties

Glycemic Index:53.67, Glycemic Load:1.16, Inflammation Score:-1, Nutrition Score:4.6217390920805%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 601.81kcal (30.09%), Fat: 0.05g (0.08%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 147.92g (49.31%), Net Carbohydrates: 147.37g (53.59%), Sugar: 143.89g (159.87%), Cholesterol: 0mg (0%), Sodium: 50.14mg (2.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.04%), Manganese: 0.58mg (28.9%), Calcium: 140.95mg (14.1%), Potassium: 358.16mg (10.23%), Vitamin C: 7.2mg (8.73%), Iron: 1.46mg (8.11%), Magnesium: 24.52mg (6.13%), Vitamin B6: 0.12mg (5.75%), Copper: 0.1mg (4.92%), Selenium: 2.19µg (3.13%), Phosphorus: 27.2mg (2.72%), Vitamin B5: 0.24mg (2.41%), Fiber: 0.55g (2.19%), Folate: 6.3µg (1.57%), Vitamin K: 1.5µg (1.43%), Vitamin B3: 0.25mg (1.27%), Vitamin E: 0.17mg (1.17%), Zinc: 0.16mg (1.07%), Vitamin A: 52.59IU (1.05%)