



Thick-and-Robust Barbecue Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



68 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 0.3 cup chili sauce
- ☐ 0.8 cup cider vinegar
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 garlic clove minced
- ☐ 1 Dash ground pepper red
- ☐ 0.5 cup catsup
- ☐ 1 teaspoon juice of lemon

- ☐ 2 tablespoons onion chopped
- ☐ 0.3 cup worcestershire sauce

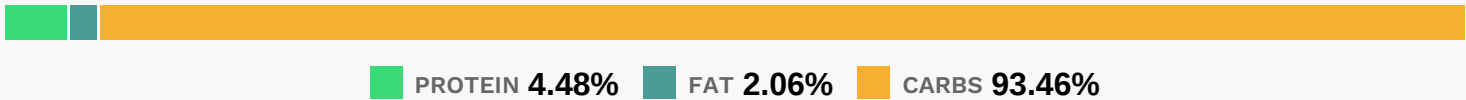
Equipment

- ☐ sauce pan

Directions

- ☐ Stir together all ingredients in a medium saucepan over medium heat; bring to a boil. reduce heat; simmer, stirring occasionally, 40 minutes.
- ☐ Divide sauce into separate containers for basting and serving at the table. (Basting brushes used on raw food should not be dipped into table sauce.) Use as a basting sauce during the last 10 minutes of cooking for steak, pork, burgers, or chicken. Discard any remaining basting sauce, and refrigerate leftover table sauce.

Nutrition Facts



Properties

Glycemic Index:25.8, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:3.0008695851202%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 67.83kcal (3.39%), Fat: 0.15g (0.23%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 15.32g (5.11%), Net Carbohydrates: 14.8g (5.38%), Sugar: 10.99g (12.21%), Cholesterol: 0mg (0%), Sodium: 582.11mg (25.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.47%), Potassium: 268.46mg (7.67%), Vitamin C: 5.86mg (7.1%), Manganese: 0.14mg (6.76%), Iron: 1.05mg (5.83%), Vitamin A: 235.38IU (4.71%), Vitamin E: 0.64mg (4.28%), Vitamin B2: 0.07mg (4.11%), Vitamin B6: 0.07mg (3.74%), Copper: 0.07mg (3.73%), Vitamin B3: 0.68mg (3.41%), Phosphorus: 28.42mg (2.84%), Calcium: 28.17mg (2.82%), Magnesium: 9.93mg (2.48%), Fiber: 0.51g (2.05%), Vitamin B1: 0.03mg (1.97%), Vitamin K: 1.62µg (1.54%), Folate: 5.84µg (1.46%), Selenium: 0.98µg (1.39%)