



Uncle Earl's NC BBQ Sauce

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



386 kcal

SAUCE

Ingredients

- 2 cups apple cider vinegar
- 0.5 cup butter
- 0.3 cup hot sauce texas style
- 46 fluid ounce catsup
- 1 tablespoon pepper flakes red
- 1 cup sugar white

Equipment

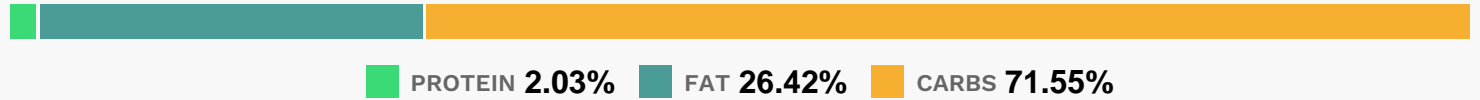
- sauce pan

pot

Directions

In a large saucepan or soup pot, stir together the ketchup, cider vinegar, sugar, butter, red pepper flakes and hot sauce. Cook over medium heat until the butter is melted and the sauce is heated through. Use right away, or store in the refrigerator for up to a month.

Nutrition Facts



Properties

Glycemic Index:20.01, Glycemic Load:17.68, Inflammation Score:-7, Nutrition Score:8.6299999757953%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 385.89kcal (19.29%), Fat: 11.93g (18.35%), Saturated Fat: 7.34g (45.9%), Carbohydrates: 72.68g (24.23%), Net Carbohydrates: 71.8g (26.11%), Sugar: 61.58g (68.42%), Cholesterol: 30.5mg (10.17%), Sodium: 1851.24mg (80.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Vitamin A: 1535.44IU (30.71%), Vitamin E: 3.2mg (21.35%), Vitamin B2: 0.31mg (18.08%), Manganese: 0.34mg (16.94%), Potassium: 555.6mg (15.87%), Vitamin C: 12.59mg (15.26%), Vitamin B6: 0.3mg (15.09%), Vitamin B3: 2.57mg (12.86%), Copper: 0.16mg (8.16%), Vitamin K: 7.33µg (6.98%), Magnesium: 27.24mg (6.81%), Phosphorus: 56.22mg (5.62%), Iron: 0.94mg (5.22%), Folate: 16.46µg (4.11%), Calcium: 37.24mg (3.72%), Fiber: 0.88g (3.52%), Zinc: 0.38mg (2.53%), Selenium: 1.75µg (2.49%), Vitamin B1: 0.02mg (1.64%), Vitamin B5: 0.11mg (1.13%)