



Uncle Pauly's Carolina BBQ Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



490 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon chili powder
- ☐ 0.8 teaspoon ground mustard
- ☐ 3 tablespoons ground pepper black
- ☐ 64 ounce catsup
- ☐ 2 tablespoons paprika
- ☐ 1 tablespoon pepper sauce hot
- ☐ 3 tablespoons salt
- ☐ 1 tablespoon worcestershire sauce

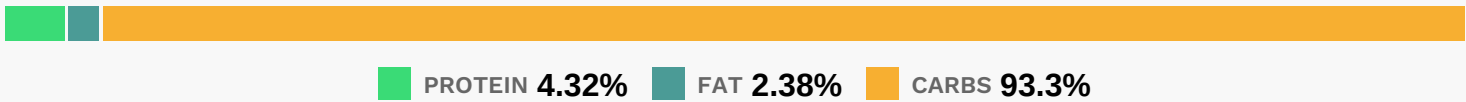
Equipment

- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Whisk together the ketchup, Worcestershire sauce, and hot pepper sauce in a mixing bowl.
- ☐ Sprinkle in the chili powder, paprika, black pepper, salt, and mustard.
- ☐ Whisk until evenly blended. The barbeque sauce is ready to use immediately.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.66, Inflammation Score:-10, Nutrition Score:24.808695627295%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 490.47kcal (24.52%), Fat: 1.49g (2.28%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 131.02g (43.67%), Net Carbohydrates: 126.55g (46.02%), Sugar: 97.64g (108.49%), Cholesterol: 0mg (0%), Sodium: 9523.69mg (414.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.13%), Vitamin A: 4677.17IU (93.54%), Manganese: 1.14mg (56.84%), Vitamin E: 8.48mg (56.51%), Vitamin B2: 0.83mg (48.95%), Potassium: 1495.73mg (42.74%), Vitamin B6: 0.85mg (42.66%), Vitamin B3: 7.18mg (35.89%), Vitamin C: 21.65mg (26.25%), Copper: 0.51mg (25.31%), Vitamin K: 26.04µg (24.8%), Magnesium: 78.11mg (19.53%), Iron: 3.43mg (19.06%), Fiber: 4.47g (17.89%), Phosphorus: 148.05mg (14.8%), Folate: 45.01µg (11.25%), Calcium: 111.63mg (11.16%), Zinc: 1.11mg (7.4%), Selenium: 4.84µg (6.91%), Vitamin B1: 0.08mg (5.23%), Vitamin B5: 0.39mg (3.88%)