

Vinegar Based BBQ Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



485 min.

SERVINGS



5

CALORIES



21 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 cup cider vinegar
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 1 tablespoon salt

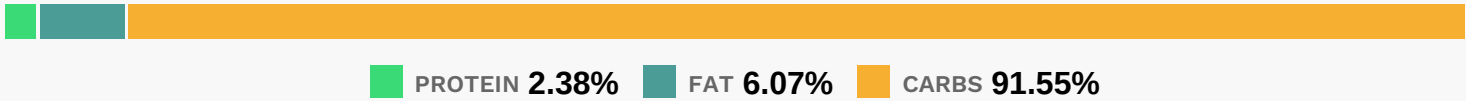
Equipment

- ☐ bowl

Directions

- ☐ In a small bowl, combine the vinegar, salt, cayenne pepper, crushed red pepper flakes and brown sugar.
- ☐ Mix well and allow ingredients to mesh for about 4 to 8 hours before using.

Nutrition Facts



Properties

Glycemic Index:14.4, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:0.92565216545178%

Nutrients (% of daily need)

Calories: 20.92kcal (1.05%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 2.92g (1.06%), Sugar: 2.57g (2.85%), Cholesterol: 0mg (0%), Sodium: 1404.97mg (61.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.16%), Manganese: 0.14mg (6.75%), Vitamin A: 201.82IU (4.04%), Potassium: 50.2mg (1.43%), Vitamin E: 0.21mg (1.41%), Iron: 0.21mg (1.16%)