



White Barbecue Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



470 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon coarsely ground pepper
- ☐ 2 teaspoons horseradish prepared
- ☐ 1.5 cups mayonnaise
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup water

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0.3 cup citrus champagne vinegar

Equipment

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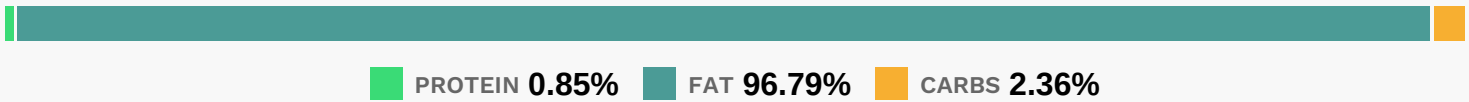
whisk

Directions

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Whisk together all ingredients until blended. Store in the refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:49.82, Glycemic Load:1.08, Inflammation Score:-1, Nutrition Score:6.6965217013722%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 469.9kcal (23.5%), Fat: 50.43g (77.58%), Saturated Fat: 7.89g (49.31%), Carbohydrates: 2.76g (0.92%), Net Carbohydrates: 2.24g (0.81%), Sugar: 1.4g (1.56%), Cholesterol: 28.22mg (9.41%), Sodium: 935.22mg (40.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1g (2%), Vitamin K: 111.59µg (106.28%), Vitamin E: 2.23mg (14.86%), Manganese: 0.2mg (9.98%), Selenium: 2.86µg (4.08%), Phosphorus: 22.66mg (2.27%), Iron: 0.39mg (2.18%), Fiber: 0.52g (2.1%), Copper: 0.04mg (1.96%), Calcium: 17.24mg (1.72%), Vitamin B5: 0.15mg (1.5%), Magnesium: 5.61mg (1.4%), Potassium: 48.39mg (1.38%), Vitamin B6: 0.03mg (1.36%), Vitamin B12: 0.08µg (1.34%), Folate: 4.95µg (1.24%), Zinc: 0.17mg (1.14%), Vitamin C: 0.94mg (1.14%), Vitamin B2: 0.02mg (1.11%), Vitamin B1: 0.02mg (1.08%), Vitamin A: 52.52IU (1.05%)