

## White BBQ Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

SAUCE

### Ingredients

- 1 garlic clove pressed
- 1.5 teaspoons coarsely ground pepper black
- 1 teaspoon horseradish prepared
- 0.8 cup mayonnaise
- 1.5 teaspoons spicy brown mustard
- 0.5 teaspoon sugar
- 0.5 teaspoon salt
- 2 tablespoons citrus champagne vinegar

# Equipment

## Directions

- Stir together mayonnaise, vinegar, garlic, black pepper, spicy brown mustard, horseradish, sugar, and salt. Refrigerate up to 1 week.

## Nutrition Facts

**PROTEIN 0.85%** **FAT 96.79%** **CARBS 2.36%**

## Properties

Glycemic Index:62.27, Glycemic Load:0.67, Inflammation Score:-1, Nutrition Score:4.3521738039411%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 293.69kcal (14.68%), Fat: 31.52g (48.49%), Saturated Fat: 4.93g (30.82%), Carbohydrates: 1.73g (0.58%), Net Carbohydrates: 1.4g (0.51%), Sugar: 0.88g (0.97%), Cholesterol: 17.64mg (5.88%), Sodium: 584.14mg (25.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.25%), Vitamin K: 69.74µg (66.42%), Vitamin E: 1.39mg (9.28%), Manganese: 0.12mg (6.24%), Selenium: 1.79µg (2.55%), Phosphorus: 14.16mg (1.42%), Iron: 0.25mg (1.36%), Fiber: 0.33g (1.31%), Copper: 0.02mg (1.17%), Calcium: 10.56mg (1.06%)