

Carolina Gold Mustard BBQ Sauce

Yield: 12 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-garlic-oil-recipe>

Ingredients:

- 1 cup yellow mustard classic
- 1/4 cup apple cider vinegar
- 2 tablespoons raw honey may sub 1 tbsp monkfruit for Keto
- 1 tablespoon garlic oil may sub 1 tbsp olive oil + 1/2 tsp garlic powder
- 1 tablespoon ketchup unsweetened
- 1 tablespoon Tabasco Hot Sauce
- 2 teaspoons Worcestershire sauce or coconut aminos for Paleo
- 1/2 teaspoon chili powder

Nutrition:

1. Calories: 30 calories
2. Carbohydrate: 5 grams
3. Fat: 1 grams
4. Sodium: 60 milligrams
5. Sugar: 3 grams

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