

Old Fashioned BBQ Sauce

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/old-fashioned-italian-meatballs-with-sauce-recipe>

Ingredients:

- 1/2 cup molasses
- 1 cup ketchup Heinz recommended
- 1/4 cup yellow mustard
- 1/4 white vinegar
- 2 tablespoons worcestershire sauce
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon hot sauce such as Texas Pete

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 50 grams
3. Fiber: 1 grams
4. Protein: 2 grams
5. Sodium: 810 milligrams
6. Sugar: 38 grams

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