

Homemade BBQ Sauce

Yield: 2 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-rum-bbq-sauce-recipe>

Ingredients:

- 15 ounces tomato sauce
- 1/4 cup tomato paste
- 1/2 cup apple cider vinegar
- 1/4 cup honey
- 1/4 molasses
- 3 tablespoons worcestershire
- 1 teaspoon chipotle powder
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 pinch cayenne pepper add more or less depending on how much kick you like
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 79 grams
3. Cholesterol: 5 milligrams
4. Fat: 7 grams
5. Fiber: 8 grams
6. Protein: 6 grams
7. SaturatedFat: 2 grams
8. Sodium: 1990 milligrams
9. Sugar: 61 grams

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