

Low Sodium BBQ Sauce



Ingredients

1/2 cup ketchup (low sodium)
1/2 cup tomato sauce (no salt added)
1/4 cup apple cider vinegar
2 tbsp molasses
2 tbsp brown sugar
1/2 tsp black pepper
1/4 tsp garlic powder
1/4 tsp paprika
1/8 tsp chili powder
1/8 tsp onion powder
1/8 tsp ground cinnamon

Directions


Skill Level: EASY

1. Mix all ingredients together
2. Place ingredients in a large pan and bring BBQ sauce to a boil
3. Once BBQ sauce starts boiling reduce to a simmer for 15 minutes
4. Stir occasionally
5. Store in refrigerator for up to 2 weeks

Servings: 12
Serving Size 2 tbsp
Nutrition Facts / Per Serving:

Calories 50
Carbohydrates 12 g
Protein 0 g
Potassium 125 mg
Phosphorus 10 mg
Sodium 8 mg

