



Spicy honey BBQ sauce

5'
Hands on

30'
Cook Time

400 g
Portion(s)

1
Difficulty



Method

- Add all of the ingredients to a pot and place over low to medium heat.
- Mix with a wooden spoon and allow sauce to simmer for 25-30 minutes.
- Remove from heat and allow to cool.
- The sauce may seem quite runny while it is warm but it will thicken as it cools and will have the perfect texture.

Ingredients

- 200 g [homemade ketchup](#)
- 230 g vinegar, of white wine
- 20 g molasses
- 20 g dark brown soft sugar
- 300 g honey
- 1 teaspoon(s) salt
- 1 teaspoon(s) chili flakes
- 2 teaspoon(s) mustard, powder
- 1 teaspoon(s) paprika, sweet
- 1 heaping tablespoon(s) garlic, powder

Διατροφικός πίνακας

Nutrition information per 100 gr.

377 Calories (kcal)	0.5 Total Fat (g)	0.0 Saturated Fat (g)	83.0 Total Carbs (g)
19%	1%	0%	32%
81.0 Sugars (g)	2.4 Protein (g)	0.7 Fibre (g)	1.1 Sodium (g)
90%	5%	3%	18%