

Coffee Barbecue Sauce

50 Burger Toppings
Food Network Magazine

- 1/2 cup ketchup
- 3 tablespoons brown sugar
- 1 tablespoon yellow mustard
- 1 tablespoon cider vinegar
- 1 tablespoon Worcestershire sauce
- 1 clove garlic, grated
- 1/2 teaspoon Kosher salt
- 1/2 teaspoon smoked paprika
- 1/3 cup strong brewed coffee
- 1 tablespoon molasses
- 1/2 teaspoon black pepper

In a saucepan, simmer the ketchup, brown sugar, yellow mustard, vinegar, Worcestershire, garlic, salt, paprika, coffee, molasses and pepper.

Simmer for 10 to 12 minutes.

Per Serving (excluding unknown items): 314 Calories; 1g Fat (3.0% calories from fat); 3g Protein; 80g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 2717mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 5 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	314
% Calories from Fat:	3.0%
% Calories from Carbohydrates:	93.4%
% Calories from Protein:	3.6%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	80g
Dietary Fiber (g):	2g
Protein (g):	3g
Sodium (mg):	2717mg

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	20mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0

Potassium (mg): 1151mg
Calcium (mg): 128mg
Iron (mg): 4mg
Zinc (mg): 1mg
Vitamin C (mg): 46mg
Vitamin A (i.u.): 1237IU
Vitamin A (r.e.): 127 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 5

Nutrition Facts

Amount Per Serving

Calories 314 **Calories from Fat:** 9

% Daily Values*

Total Fat	1g	2%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	2717mg	113%
Total Carbohydrates	80g	27%
Dietary Fiber	2g	9%
Protein	3g	
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Vitamin A		25%
Vitamin C		77%
Calcium		13%
Iron		22%

** Percent Daily Values are based on a 2000 calorie diet.*