

North Carolina Barbecue Sauce

*Elizabeth Karmel - Associated Press
Palm Beach Post*

Yield: 3 cups

*2 cups cider vinegar
1 tablespoon Kosher salt
1 tablespoon ground white pepper
1/2 to 1 tablespoon red pepper flakes
2 tablespoons granulated sugar
1/4 cup brown sugar
1/2 teaspoon ground black pepper
1/2 cup ketchup*

Mix all of the ingredients together and let sit at least 10 minutes or up to several weeks in the refrigerator.

(Note that the longer the sauce sits, the hotter it gets since the heat from the red pepper flakes is brought out by the vinegar. Start with 1/2 tablespoon of the red pepper flakes, then add more to taste.)

Per Serving (excluding unknown items): 449 Calories; 1g Fat (1.0% calories from fat); 3g Protein; 127g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 7084mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fat; 8 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	449	Vitamin B6 (mg):	.2mg
% Calories from Fat:	1.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	97.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	2.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	20mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	n n%
Carbohydrate (g):	127g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	1/2
Protein (g):	3g	Lean Meat:	0
Sodium (mg):	7084mg	Vegetable:	0
Potassium (mg):	1208mg	Fruit:	0

Calcium (mg): 106mg
Iron (mg): 6mg
Zinc (mg): trace
Vitamin C (mg): 24mg
Vitamin A (i.u.): 1376IU
Vitamin A (r.e.): 138RE

Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 8

Nutrition Facts

Amount Per Serving

Calories 449 Calories from Fat: 5

% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	7084mg	295%
Total Carbohydrates	127g	42%
Dietary Fiber	4g	15%
Protein	3g	
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Vitamin A		28%
Vitamin C		39%
Calcium		11%
Iron		32%

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