

Texa-Lina Barbecue Sauce for Chicken

Steven Raichlen's Barbecue Sauces, Rubs and Marinades
www.CommunityTable.com

Yield: 2 cups

1 cup ketchup
1 cup apple cider vinegar
3 tablespoons dark brown sugar
3 tablespoons molasses
4 tablespoons Dijon mustard
1 teaspoon cumin
1/2 teaspoon cayenne pepper
1/2 teaspoon celery seed

Place the ketchup, vinegar, sugar, molasses, mustard, cumin, cayenne and celery seed in a saucepan. Gradually bring to a boil over medium-high.

Reduce the heat. Simmer, uncovered, until thickened, stirring often to prevent scorching, 15 to 20 minutes.

Pour the mixture into a jar when cooled.

Brush the chicken with the sauce during the final 10 minutes of grilling.

Per Serving (excluding unknown items): 661 Calories; 4g Fat (5.3% calories from fat); 7g Protein; 168g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 3644mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 1/2 Fat; 10 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	661	Vitamin B6 (mg):	.8mg
% Calories from Fat:	5.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	90.9%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	3.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	4g	Folacin (mcg):	42mcg
Saturated Fat (g):	trace	Niacin (mg):	4mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	168g	Food Exchanges	
Dietary Fiber (g):	5g	Grain (Starch):	0

Protein (g): 7g
Sodium (mg): 3644mg
Potassium (mg): 2584mg
Calcium (mg): 311mg
Iron (mg): 10mg
Zinc (mg): 2mg
Vitamin C (mg): 37mg
Vitamin A (i.u.): 2832IU
Vitamin A (r.e.): 284RE

Lean Meat: 1/2
Vegetable: 0
Fruit: 1
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 10

Nutrition Facts

Amount Per Serving

Calories 661 Calories from Fat: 35

% Daily Values*

Total Fat	4g	7%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	3644mg	152%
Total Carbohydrates	168g	56%
Dietary Fiber	5g	21%
Protein	7g	
<hr/>		
Vitamin A		57%
Vitamin C		62%
Calcium		31%
Iron		54%

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