



Clean & Hungry BBQ Sauce



1/10th of recipe (about 2 tbsp.): 28 calories, 0g total fat (0g sat. fat), 151mg sodium, 6g carbs, 0.5g fiber, 4.5g sugars, 0.5g protein

Prep: 10 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Four or More Servings](#), [30 Minutes or Less](#)

Ingredients

- 3/4 cup canned crushed tomatoes
- 1/4 cup tomato paste
- 2 tbsp. apple cider vinegar
- 1 tbsp. molasses
- 1 tbsp. honey
- 1 tbsp. Dijon mustard
- 1 tsp. reduced-sodium/lite soy sauce
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/4 tsp. salt
- 1/4 tsp. paprika

Directions

In a medium-large bowl, combine all ingredients. Whisk until uniform.

Transfer sauce to a medium-large sealable container. Seal, and refrigerate until ready to use.

MAKES 10 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.
*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.