

Amanda's Big Beef Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN

ready

370 min.

SERVINGS

servings

4

CALORIES

calories

235 kcal

SAUCE

Ingredients



2 tablespoons dressing french



0.5 cup mayonnaise



0.1 teaspoon salt



4 teaspoons relish sweet



1 tablespoon onion white minced



1 teaspoon sugar white

Equipment

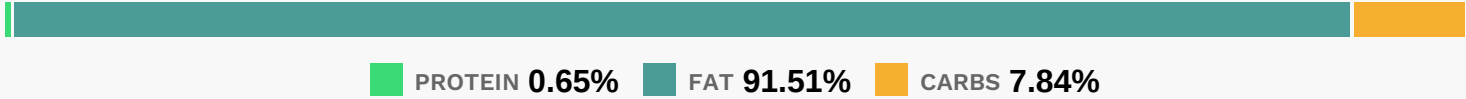


bowl

Directions

☐ In a small bowl, mix together mayonnaise, French dressing, sweet pickle relish, white onion, white sugar and salt. Cover and refrigerate 6 hours, or overnight, stirring occasionally, before serving.

Nutrition Facts



Properties

Glycemic Index:36.77, Glycemic Load:0.83, Inflammation Score:-1, Nutrition Score:3.4304347057705%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 235.27kcal (11.76%), Fat: 24.1g (37.08%), Saturated Fat: 3.77g (23.54%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 4.36g (1.58%), Sugar: 4.11g (4.57%), Cholesterol: 11.76mg (3.92%), Sodium: 344.01mg (14.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.77%), Vitamin K: 59.52µg (56.69%), Vitamin E: 1.35mg (8.99%), Vitamin A: 116.27IU (2.33%), Fiber: 0.29g (1.16%)