



Basic Cocktail Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons horseradish
- 1 Dash hot sauce
- 0.5 cup catsup
- 1 tablespoon juice of lemon




Equipment

- bowl

Directions

- Stir together 1/2 cup ketchup and remaining ingredients in a small bowl. Store cocktail sauce in an airtight container in refrigerator up to 2 weeks.

Nutrition Facts

 PROTEIN **4.16%**  FAT **2.06%**  CARBS **93.78%**

Properties

Glycemic Index:7, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:1.2778260830952%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 27.78kcal (1.39%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 7.46g (2.49%), Net Carbohydrates: 7.18g (2.61%), Sugar: 5.67g (6.3%), Cholesterol: 0mg (0%), Sodium: 243.44mg (10.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Vitamin C: 3.65mg (4.43%), Vitamin A: 123.45IU (2.47%), Vitamin B2: 0.04mg (2.46%), Potassium: 85.32mg (2.44%), Vitamin E: 0.36mg (2.37%), Vitamin B6: 0.04mg (2.19%), Vitamin B3: 0.37mg (1.85%), Manganese: 0.03mg (1.58%), Folate: 6.18µg (1.55%), Magnesium: 4.92mg (1.23%), Copper: 0.02mg (1.22%), Fiber: 0.28g (1.12%)