



Bloomin' Onion Dipping Sauce

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 teaspoons horseradish raw finely grated
- 2 tablespoons catsup
- 0.3 teaspoon paprika
- 0.1 teaspoon pepper red crushed
- 0.5 teaspoon lawry's seasoned salt
- 0.5 cup cream sour

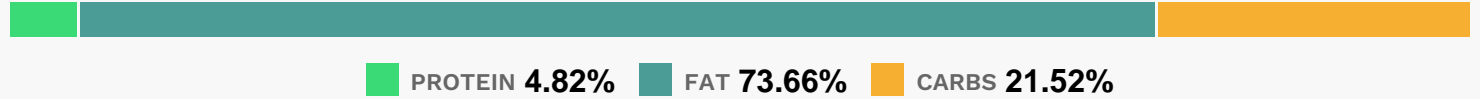
Equipment

- mixing bowl

Directions

- In a medium mixing bowl, combine sour cream, ketchup, seasoning salt, red pepper flakes, horseradish, and paprika.
- Serve immediately or refrigerate before serving.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:1.4482608644859%

Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 65.93kcal (3.3%), Fat: 5.62g (8.65%), Saturated Fat: 2.91g (18.19%), Carbohydrates: 3.7g (1.23%), Net Carbohydrates: 3.55g (1.29%), Sugar: 2.75g (3.05%), Cholesterol: 16.96mg (5.65%), Sodium: 376.61mg (16.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Vitamin A: 297.72IU (5.95%), Vitamin B2: 0.06mg (3.73%), Calcium: 31.89mg (3.19%), Phosphorus: 24.96mg (2.5%), Potassium: 65.75mg (1.88%), Vitamin E: 0.28mg (1.86%), Selenium: 1.19µg (1.7%), Vitamin B6: 0.03mg (1.45%), Vitamin C: 1.03mg (1.25%), Magnesium: 4.68mg (1.17%), Vitamin B5: 0.11mg (1.06%), Vitamin B12: 0.06µg (1.01%)