



## Chesapeake Bay Cocktail Sauce

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



25

CALORIES



8 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup canned tomatoes canned
- 0.5 cup horseradish prepared
- 0.3 cup apple cider vinegar
- 2 cloves garlic chopped
- 0.3 cup onion diced
- 1 tablespoon worcestershire sauce
- 1.5 tablespoons old bay seasoning
- 1 teaspoon salt

- 0.5 teaspoon pepper
- 0.3 cup juice of lemon

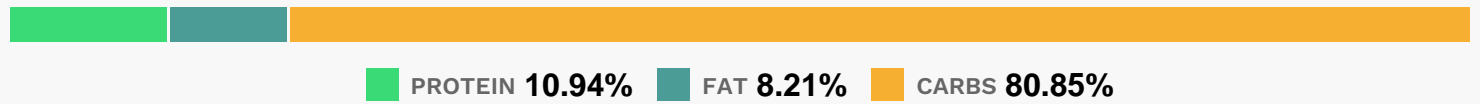
## Equipment

- food processor

## Directions

- In food processor, place all ingredients. Cover; process, using quick on-and-off motions, until all ingredients are evenly distributed. Store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:8.08, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:1.0030434727669%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 8.02kcal (0.4%), Fat: 0.08g (0.13%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 1.8g (0.6%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.92g (1.02%), Cholesterol: 0mg (0%), Sodium: 131.92mg (5.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.49%), Vitamin C: 3.12mg (3.78%), Manganese: 0.05mg (2.67%), Vitamin K: 2.46µg (2.35%), Fiber: 0.37g (1.49%), Iron: 0.25mg (1.41%), Potassium: 48.27mg (1.38%), Folate: 4.87µg (1.22%), Vitamin B6: 0.02mg (1.18%), Copper: 0.02mg (1.1%)