



Chilled Russian Salad Dressing

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

READY IN



5 min.

SERVINGS



6

CALORIES



265 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons chili sauce
- 1 teaspoon parsley dried
- 1 teaspoon horseradish prepared
- 1 tablespoon catsup
- 1 cup mayonnaise
- 3 teaspoons onion minced
- 1 teaspoon worcestershire sauce

Equipment

bowl

whisk

Directions

In a small bowl, whisk together the mayonnaise, onion, horseradish, Worcestershire, parsley, chili sauce and ketchup. Chill until serving.

Nutrition Facts

PROTEIN 0.9% **FAT 94.92%** **CARBS 4.18%**

Properties

Glycemic Index:18.67, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:3.8373912702436%

Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 264.91kcal (13.25%), Fat: 27.96g (43.01%), Saturated Fat: 4.37g (27.33%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 2.53g (0.92%), Sugar: 1.95g (2.17%), Cholesterol: 15.68mg (5.23%), Sodium: 376.86mg (16.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.19%), Vitamin K: 61.57µg (58.64%), Vitamin E: 1.41mg (9.38%), Vitamin C: 1.73mg (2.1%), Vitamin A: 89.24IU (1.78%), Potassium: 54.2mg (1.55%), Selenium: 0.99µg (1.42%), Phosphorus: 13.61mg (1.36%), Iron: 0.21mg (1.16%), Copper: 0.02mg (1.1%), Vitamin B2: 0.02mg (1.1%), Vitamin B6: 0.02mg (1.04%)