

Chinese Pink Sauce

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



8

CALORIES



244 kcal

SAUCE

Ingredients

- 3 tablespoons ground mustard dry (no substitutions!!)
- 0.1 teaspoon horseradish
- 0.5 cup catsup
- 1 cup mayonnaise
- 0.3 cup sugar
- 3 tablespoons vinegar white

Equipment

Nutrition Facts

PROTEIN 1.8% FAT 79.98% CARBS 18.22%

Properties

Glycemic Index:25.64, Glycemic Load:4.45, Inflammation Score:-2, Nutrition Score:4.1586956521739%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 244.07kcal (12.2%), Fat: 21.93g (33.74%), Saturated Fat: 3.33g (20.81%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 10.88g (3.95%), Sugar: 9.78g (10.87%), Cholesterol: 11.76mg (3.92%), Sodium: 314.7mg (13.68%), Protein: 1.11g (2.22%), Vitamin K: 46.23µg (44.03%), Selenium: 6.28µg (8.97%), Vitamin E: 1.27mg (8.47%), Manganese: 0.08mg (4.24%), Phosphorus: 31.78mg (3.18%), Magnesium: 12.02mg (3.01%), Vitamin B2: 0.04mg (2.25%), Iron: 0.36mg (1.99%), Potassium: 67.56mg (1.93%), Vitamin A: 95.97IU (1.92%), Vitamin B6: 0.04mg (1.82%), Copper: 0.04mg (1.79%), Folate: 7.05µg (1.76%), Vitamin B1: 0.03mg (1.71%), Vitamin B3: 0.34mg (1.7%), Zinc: 0.23mg (1.53%), Fiber: 0.37g (1.47%), Calcium: 11.94mg (1.19%)