



Cocktail Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

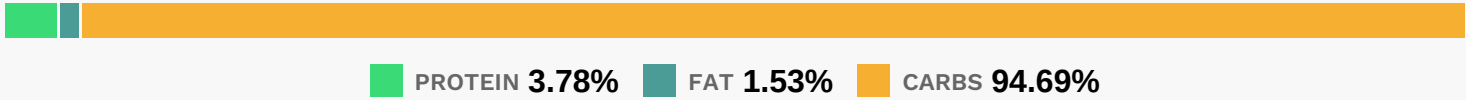
- ☐ 2 tablespoons horseradish prepared
- ☐ 1 teaspoons hot sauce
- ☐ 1 cup catsup
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon worcestershire sauce

Equipment

Directions

- ☐ Stir together all ingredients; cover and chill.
- ☐ Serve with oysters on the half shell.

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:2.0739130170449%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 46.15kcal (2.31%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 12.43g (4.14%), Net Carbohydrates: 12.12g (4.41%), Sugar: 9.34g (10.37%), Cholesterol: 0mg (0%), Sodium: 438.3mg (19.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (0.99%), Vitamin C: 5.69mg (6.89%), Potassium: 153.48mg (4.39%), Vitamin B2: 0.07mg (4.27%), Vitamin A: 208.92IU (4.18%), Vitamin E: 0.6mg (3.97%), Vitamin B6: 0.07mg (3.51%), Vitamin B3: 0.62mg (3.09%), Manganese: 0.05mg (2.34%), Copper: 0.04mg (2.18%), Folate: 7.72µg (1.93%), Magnesium: 7.25mg (1.81%), Iron: 0.32mg (1.77%), Phosphorus: 14.12mg (1.41%), Vitamin K: 1.31µg (1.25%), Calcium: 12.19mg (1.22%), Fiber: 0.3g (1.21%)