

## Cocktail Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



7

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 teaspoon pepper black as needed freshly ground plus more
- 0.3 cup horseradish prepared
- 1.5 cups catsup
- 0.5 teaspoon juice of lemon freshly squeezed
- 0.5 teaspoon all the tabasco sauce you handle

## Equipment

- bowl
- plastic wrap

## Directions

- Stir all of the ingredients together in a medium bowl. Taste and season with more pepper as needed. Cover the bowl with plastic wrap and chill until ready to serve.

## Nutrition Facts

**PROTEIN 4.03%** **FAT 1.61%** **CARBS 94.36%**

## Properties

Glycemic Index:9.57, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:2.4013043810492%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

## Nutrients (% of daily need)

Calories: 56.35kcal (2.82%), Fat: 0.11g (0.18%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 15.14g (5.05%), Net Carbohydrates: 14.68g (5.34%), Sugar: 11.65g (12.95%), Cholesterol: 0mg (0%), Sodium: 510.03mg (22.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.29%), Vitamin C: 4.59mg (5.57%), Vitamin A: 264.88IU (5.3%), Vitamin B2: 0.09mg (5.17%), Vitamin E: 0.75mg (5.02%), Potassium: 167.33mg (4.78%), Vitamin B6: 0.09mg (4.42%), Vitamin B3: 0.77mg (3.85%), Manganese: 0.07mg (3.55%), Copper: 0.05mg (2.49%), Folate: 9.61µg (2.4%), Magnesium: 9.16mg (2.29%), Fiber: 0.46g (1.83%), Vitamin K: 1.78µg (1.69%), Phosphorus: 16.2mg (1.62%), Calcium: 12.88mg (1.29%), Iron: 0.22mg (1.25%), Zinc: 0.16mg (1.07%)