

Cocktail Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup catsup
- 2 jalapeno seeded finely chopped
- 4 pickled cherry peppers seeded finely chopped
- 2 inch horseradish fresh grated
- 2 juice of lemon
- 1 Dash balsamic vinegar
- 1 inch sea salt
- 1 inch pepper freshly ground

Equipment

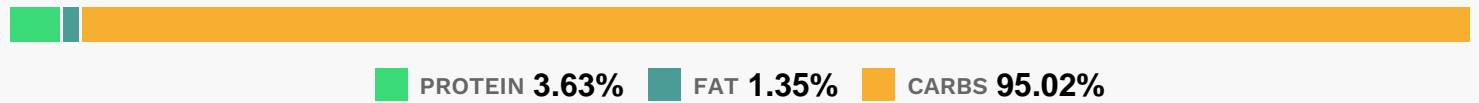
bowl

whisk

Directions

Whisk together all ingredients in a medium bowl until well combined.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:1.8556521703368%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 36.86kcal (1.84%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 9.74g (3.25%), Net Carbohydrates: 9.16g (3.33%), Sugar: 6.74g (7.49%), Cholesterol: 0mg (0%), Sodium: 406.53mg (17.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.74%), Vitamin C: 8.28mg (10.04%), Vitamin A: 192.15IU (3.84%), Vitamin E: 0.57mg (3.83%), Vitamin B6: 0.07mg (3.28%), Vitamin B2: 0.05mg (3.14%), Potassium: 101.01mg (2.89%), Vitamin B3: 0.48mg (2.4%), Fiber: 0.59g (2.35%), Manganese: 0.04mg (1.79%), Vitamin K: 1.57µg (1.49%), Copper: 0.03mg (1.43%), Folate: 5.15µg (1.29%), Magnesium: 4.91mg (1.23%)