



Come Back" Dipping Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons chili sauce
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon coarsely ground pepper
- ☐ 1 Dash hot sauce
- ☐ 2 tablespoons catsup
- ☐ 0.5 cup mayonnaise
- ☐ 2 teaspoons mustard prepared
- ☐ 0.3 cup olive oil

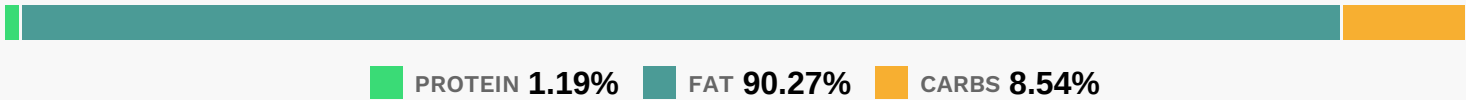
- ☐ 1 small onion minced
- ☐ 1 Dash paprika
- ☐ 1 tablespoon water
- ☐ 2 teaspoons worcestershire sauce

Equipment

Directions

- ☐ Combine all ingredients; cover and chill.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:2.6926086661608%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 170.47kcal (8.52%), Fat: 17.31g (26.62%), Saturated Fat: 2.58g (16.15%), Carbohydrates: 3.68g (1.23%), Net Carbohydrates: 3.26g (1.19%), Sugar: 2.17g (2.41%), Cholesterol: 5.88mg (1.96%), Sodium: 232.57mg (10.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.03%), Vitamin K: 27.78µg (26.46%), Vitamin E: 1.61mg (10.72%), Manganese: 0.06mg (2.98%), Vitamin C: 2.03mg (2.46%), Potassium: 66mg (1.89%), Fiber: 0.42g (1.7%), Vitamin B6: 0.03mg (1.65%), Iron: 0.28mg (1.54%), Vitamin A: 76.41IU (1.53%), Selenium: 0.95µg (1.36%), Copper: 0.03mg (1.27%), Phosphorus: 12.64mg (1.26%), Vitamin B2: 0.02mg (1.12%), Vitamin B1: 0.02mg (1.03%)