

Craig's Cocktail Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



20

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons horseradish prepared
- 36 ounce catsup
- 6 tablespoons juice of lemon
- 15 drops hot sauce hot to taste
- 1 teaspoon salt
- 3 tablespoons steak sauce
- 3 tablespoons worcestershire sauce

Equipment

bowl

Directions

Squeeze ketchup into a bowl.

Pour in steak sauce, Worcestershire sauce, and lemon juice. Stir in horseradish, hot pepper sauce, and salt, and mix well.

Nutrition Facts



PROTEIN 3.7% **FAT 1.17%** **CARBS 95.13%**

Properties

Glycemic Index:1.75, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:2.4213043516097%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 57.79kcal (2.89%), Fat: 0.09g (0.13%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 15.54g (5.18%), Net Carbohydrates: 15.27g (5.55%), Sugar: 11.65g (12.94%), Cholesterol: 0mg (0%), Sodium: 678.7mg (29.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.21%), Vitamin C: 5.44mg (6.59%), Vitamin A: 271.96IU (5.44%), Vitamin B2: 0.09mg (5.36%), Vitamin E: 0.78mg (5.21%), Potassium: 182.09mg (5.2%), Vitamin B6: 0.09mg (4.39%), Vitamin B3: 0.78mg (3.91%), Manganese: 0.06mg (2.92%), Copper: 0.06mg (2.75%), Magnesium: 8.27mg (2.07%), Iron: 0.36mg (2.01%), Folate: 7.2µg (1.8%), Phosphorus: 16.68mg (1.67%), Vitamin K: 1.65µg (1.57%), Calcium: 12.47mg (1.25%), Fiber: 0.28g (1.11%)