





## Creamy Barbecue Dipping Sauce

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup barbecue sauce
- 0.3 cup mayonnaise
- 2 drops pepper sauce hot

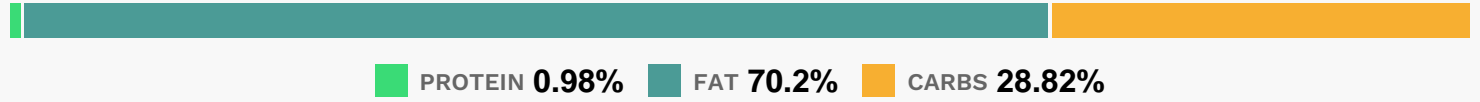
### Equipment

- bowl
- whisk

## Directions

- In a bowl, whisk together the barbecue sauce, mayonnaise, and hot pepper sauce.
- Serve with chicken nuggets or kebabs.

## Nutrition Facts



## Properties

Glycemic Index:8.33, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.24217393638%

## Nutrients (% of daily need)

Calories: 90.83kcal (4.54%), Fat: 7.08g (10.9%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 6.54g (2.18%), Net Carbohydrates: 6.4g (2.33%), Sugar: 5.33g (5.93%), Cholesterol: 3.92mg (1.31%), Sodium: 231.73mg (10.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.44%), Vitamin K: 15.51µg (14.77%), Vitamin E: 0.43mg (2.89%), Potassium: 39.21mg (1.12%), Manganese: 0.02mg (1.04%)