

Devil's Steak Sauce

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons malt vinegar
- ☐ 5 drops pepper sauce hot
- ☐ 2 tablespoons raspberry jam
- ☐ 4 servings salt and pepper black freshly ground to taste
- ☐ 2 tablespoons tomato sauce
- ☐ 2 tablespoons worcestershire sauce

Equipment

sauce pan

Directions

In a saucepan over high heat, blend raspberry jam, brown sugar, Worcestershire sauce, tomato sauce, malt vinegar, hot pepper sauce, salt, and pepper. Bring to a boil over high heat, reduce heat to low, and simmer 10 minutes, or until thickened.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:3.87, Inflammation Score:-1, Nutrition Score:1.1652173736821%

Nutrients (% of daily need)

Calories: 60.77kcal (3.04%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 14.9g (4.97%), Net Carbohydrates: 14.64g (5.32%), Sugar: 11.81g (13.12%), Cholesterol: 0mg (0%), Sodium: 184.15mg (8.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.3%), Vitamin C: 3.44mg (4.18%), Iron: 0.63mg (3.51%), Potassium: 109.24mg (3.12%), Copper: 0.04mg (2.03%), Calcium: 18.15mg (1.81%), Manganese: 0.03mg (1.68%), Vitamin B2: 0.02mg (1.45%), Fiber: 0.25g (1.01%)