



Dipping Sauce

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



12

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 servings ground pepper to taste
- 1 dash pepper black
- 2 tablespoons horseradish prepared
- 2 teaspoons catsup
- 0.5 cup mayonnaise
- 0.1 teaspoon oregano dried
- 0.3 teaspoon paprika
- 0.3 teaspoon salt

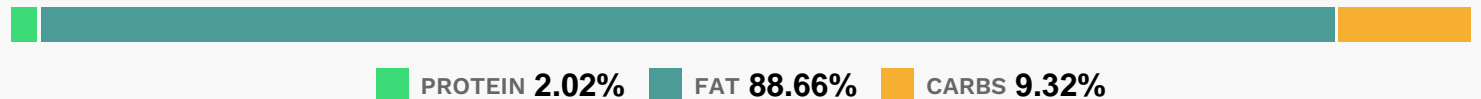
Equipment

bowl

Directions

In a small bowl combine mayonnaise, ketchup, horseradish, paprika, salt, oregano, black pepper and cayenne pepper. Store, covered, in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:14.08, Glycemic Load:0.29, Inflammation Score:-5, Nutrition Score:2.6726087101776%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 72.06kcal (3.6%), Fat: 7.35g (11.31%), Saturated Fat: 1.16g (7.26%), Carbohydrates: 1.74g (0.58%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.64g (0.71%), Cholesterol: 3.92mg (1.31%), Sodium: 126.41mg (5.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.75%), Vitamin A: 863.51IU (17.27%), Vitamin K: 17.05µg (16.24%), Vitamin E: 0.93mg (6.21%), Vitamin B6: 0.05mg (2.7%), Vitamin C: 2.19mg (2.65%), Fiber: 0.65g (2.62%), Manganese: 0.05mg (2.38%), Potassium: 51.97mg (1.48%), Vitamin B2: 0.02mg (1.34%), Iron: 0.21mg (1.15%), Folate: 4.16µg (1.04%), Magnesium: 4.06mg (1.02%)