

# Dirty Steve's Garlic Ranch Wing Sauce

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



1424 kcal

SAUCE

## Ingredients

- 2 teaspoons pepper black
- 4 teaspoons pepper black
- 4 tablespoons brown sugar
- 8 tablespoons brown sugar
- 2 cups butter melted
- 4 teaspoons cayenne pepper
- 4 teaspoons chili powder
- 4 tablespoons garlic fresh minced

- 4 teaspoons garlic powder
- 8 cups hot sauce red such as frank's
- 0.5 cup mango habanero sauce
- 4 teaspoons onion powder
- 4 packets powdered ranch dressing
- 4 teaspoons seasoning salt

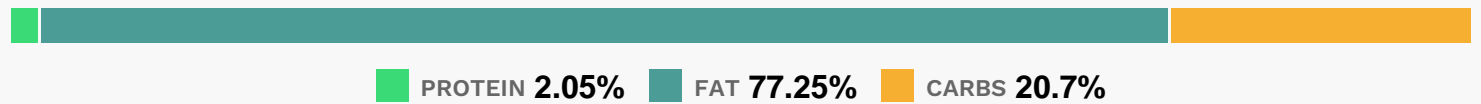
## Equipment

- bowl

## Directions

- Mix the butter, Dirty Steve's Original Wing Sauce, garlic, sugar, pepper and ranch dressing in a bowl. Stir vigorously until completely combined.
- Mix the hot sauce, butter, mango habanero sauce, brown sugar, chili powder, garlic powder, onion powder, black pepper, cayenne pepper and seasoning salt in a bowl. Stir vigorously until completely combined.

## Nutrition Facts



## Properties

Glycemic Index:77.58, Glycemic Load:3.82, Inflammation Score:-10, Nutrition Score:30.535652192148%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 1424.36kcal (71.22%), Fat: 126.88g (195.2%), Saturated Fat: 78.47g (490.44%), Carbohydrates: 76.53g (25.51%), Net Carbohydrates: 70.51g (25.64%), Sugar: 59.42g (66.02%), Cholesterol: 325.71mg (108.57%), Sodium:

21066.14mg (915.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.56g (15.13%), Vitamin C: 494.79mg (599.74%), Vitamin A: 7039.78IU (140.8%), Vitamin B6: 1.41mg (70.63%), Manganese: 1.23mg (61.56%), Vitamin E: 6.45mg (43.02%), Vitamin B2: 0.66mg (39.07%), Vitamin K: 40.71µg (38.77%), Potassium: 1345.08mg (38.43%), Iron: 5.09mg (28.26%), Fiber: 6.01g (24.06%), Vitamin B1: 0.32mg (21.1%), Copper: 0.39mg (19.68%), Calcium: 195.85mg (19.59%), Phosphorus: 178.57mg (17.86%), Magnesium: 65.87mg (16.47%), Folate: 63.46µg (15.86%), Vitamin B3: 2.63mg (13.14%), Vitamin B5: 1.19mg (11.91%), Zinc: 1.47mg (9.8%), Selenium: 6.14µg (8.77%), Vitamin B12: 0.26µg (4.33%)