



Easy Spicy Ketchup Dip for Sweet Potato Fries



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



38 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 teaspoons brown sugar
- ☐ 1.5 teaspoons cayenne pepper
- ☐ 0.5 teaspoon garlic salt
- ☐ 1 tablespoon spicy horseradish
- ☐ 1 cup catsup
- ☐ 1 tablespoon worcestershire sauce

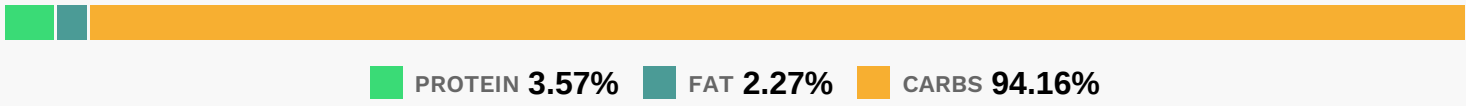
Equipment

- ☐ bowl

Directions

Mix ketchup, Worcestershire sauce, horseradish, brown sugar, cayenne pepper, and garlic salt together in a bowl.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:1.6495652308931%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 37.83kcal (1.89%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 10.03g (3.34%), Net Carbohydrates: 9.78g (3.56%), Sugar: 7.76g (8.62%), Cholesterol: 0mg (0%), Sodium: 453.33mg (19.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.76%), Vitamin A: 311.65IU (6.23%), Vitamin E: 0.55mg (3.68%), Vitamin B2: 0.06mg (3.32%), Potassium: 114.82mg (3.28%), Vitamin B6: 0.06mg (2.92%), Vitamin C: 2.26mg (2.74%), Vitamin B3: 0.48mg (2.42%), Manganese: 0.04mg (2.03%), Copper: 0.03mg (1.64%), Iron: 0.26mg (1.46%), Magnesium: 5.35mg (1.34%), Vitamin K: 1.25µg (1.19%), Folate: 4.35µg (1.09%), Phosphorus: 10.8mg (1.08%), Fiber: 0.25g (1.02%)