



Fierce Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



4 kcal

SAUCE

Ingredients

- ☐ 0.3 cup mayonnaise fat-free
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 tablespoons yogurt plain low-fat
- ☐ 1 teaspoon paprika
- ☐ 0.5 cup no-salt-added tomato sauce
- ☐ 2 tablespoons vinegar white

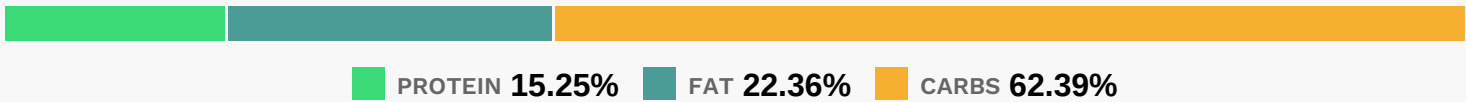
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine all ingredients in a small bowl, and stir with a whisk until well-blended.

Nutrition Facts



Properties

Glycemic Index:4.59, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.3469565258078%

Nutrients (% of daily need)

Calories: 4.14kcal (0.21%), Fat: 0.11g (0.16%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 0.67g (0.22%), Net Carbohydrates: 0.55g (0.2%), Sugar: 0.46g (0.51%), Cholesterol: 0.27mg (0.09%), Sodium: 33.8mg (1.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.33%), Vitamin A: 55.21IU (1.1%)