







## Southwest Dipping Sauce

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 pinch ground pepper
- 1 pinch pepper black
- 2 tablespoons horseradish cream-style
- 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, stir together the mayonnaise, ketchup, horseradish, paprika, salt, oregano, black pepper and cayenne pepper. Store covered in the refrigerator until needed.

# Nutrition Facts

 **PROTEIN 0.83%**  **FAT 95.47%**  **CARBS 3.7%**

# Properties

Glycemic Index:21.13, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:1.5308695526227%

# Flavonoids

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

# Nutrients (% of daily need)

Calories: 98.59kcal (4.93%), Fat: 10.51g (16.17%), Saturated Fat: 1.64g (10.27%), Carbohydrates: 0.92g (0.31%), Net Carbohydrates: 0.75g (0.27%), Sugar: 0.65g (0.73%), Cholesterol: 5.88mg (1.96%), Sodium: 188.72mg (8.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.41%), Vitamin K: 23.18µg (22.08%), Vitamin E: 0.51mg (3.37%), Vitamin C: 1mg (1.21%), Vitamin A: 52.17IU (1.04%)