



Grilled Tomato-Tarragon Cocktail Sauce

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



8

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 servings canola oil
- 2 tablespoons tarragon leaves fresh plus more for garnish chopped
- 1 tablespoon honey
- 0.3 cup horseradish prepared drained
- 3 dashes chipotle hot sauce
- 1 juice of lime juiced
- 3 tablespoons catsup
- 8 plum tomatoes halved seeded

- 8 servings salt and pepper black freshly ground
- 3 dashes worcestershire sauce

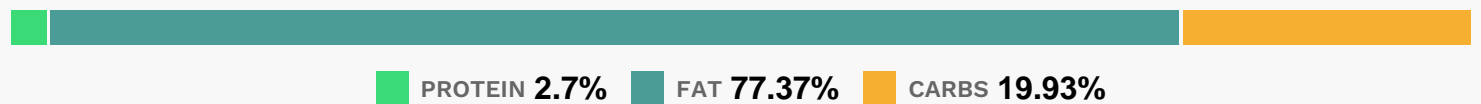
Equipment

- food processor
- bowl
- grill

Directions

- Preheat grill to high.
- Brush tomatoes with oil and season with salt and pepper. Grill for 2 to 3 minutes or until the skins are lightly charred.
- Place tomatoes and remaining ingredients, except tarragon, in a food processor and process until smooth.
- Add the tarragon and pulse a few times.
- Pour into a bowl and serve at room temperature.
- Garnish with additional tarragon, if desired.

Nutrition Facts



Properties

Glycemic Index:28.41, Glycemic Load:2.51, Inflammation Score:-5, Nutrition Score:5.3982608525649%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 158.83kcal (7.94%), Fat: 14.31g (22.02%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 8.29g (2.76%), Net Carbohydrates: 7.11g (2.59%), Sugar: 5.69g (6.32%), Cholesterol: 0mg (0%), Sodium: 92.77mg (4.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.25%), Vitamin E: 2.88mg (19.18%), Vitamin C: 12.68mg (15.37%), Vitamin K: 15.34µg (14.61%), Vitamin A: 621.75IU (12.43%), Manganese: 0.24mg (12.03%), Potassium: 244.18mg (6.98%), Vitamin B6: 0.11mg (5.43%), Folate: 19.35µg (4.84%), Fiber: 1.18g (4.73%), Iron: 0.83mg (4.6%), Magnesium: 16.22mg (4.06%), Calcium: 32.71mg (3.27%), Vitamin B3: 0.65mg (3.23%), Copper: 0.06mg (3.08%), Vitamin B2: 0.05mg (2.86%), Phosphorus: 25.16mg (2.52%), Vitamin B1: 0.03mg (1.99%), Zinc: 0.26mg (1.71%)