Horseradish Sauce

Gluten Free

READY IN	SERVINGS	CALORIES
45 min.	4	302 kcal

SAUCE

Ingredients

- [ ] 0.1 teaspoon mustard dry
- [ ] 0.3 cup horseradish prepared drained
- [ ] 10 drops hot sauce
- [ ] 0.5 cup mayonnaise
- [ ] 0.5 cup whipping cream
- [ ] 0.3 teaspoon worcestershire sauce

Equipment

Directions

- [ ] Gently combine whipped cream and mayonnaise. Fold in hot sauce, horseradish, Worcestershire sauce, and mustard.

Nutrition Facts

PROTEIN **1.8%** FAT **93.75%** CARBS **4.45%**

Properties

Glycemic Index:21.25, Glycemic Load:0.64, Inflammation Score:-4, Nutrition Score:4.7804347950479%

Nutrients (% of daily need)

Calories: 302.03kcal (15.1%), Fat: 31.85g (49.01%), Saturated Fat: 10.14g (63.37%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 2.72g (0.99%), Sugar: 2.7g (3%), Cholesterol: 45.38mg (15.13%), Sodium: 340.79mg (14.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Vitamin K: 46.92µg (44.68%), Vitamin A: 460.29IU (9.21%), Vitamin C: 7.08mg (8.58%), Vitamin E: 1.2mg (8%), Vitamin B2: 0.07mg (4.04%), Folate: 14.27µg (3.57%), Vitamin D: 0.53µg (3.55%), Calcium: 33.84mg (3.38%), Selenium: 2.23µg (3.18%), Phosphorus: 30.35mg (3.04%), Fiber: 0.68g (2.7%), Potassium: 90.12mg (2.57%), Magnesium: 8.17mg (2.04%), Zinc: 0.29mg (1.91%), Vitamin B6: 0.03mg (1.57%), Manganese: 0.03mg (1.51%), Vitamin B5: 0.15mg (1.46%), Vitamin B12: 0.08µg (1.35%), Iron: 0.21mg (1.17%), Copper: 0.02mg (1.1%)