



Hot Dog Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



73 kcal

SAUCE

Ingredients

- 0.3 teaspoon ground pepper black
- 2 cups catsup
- 1 large onion chopped
- 0.5 teaspoon salt
- 0.3 cup relish sweet
- 1 tablespoon vegetable oil
- 2 tablespoons distilled vinegar white
- 2 tablespoons sugar white

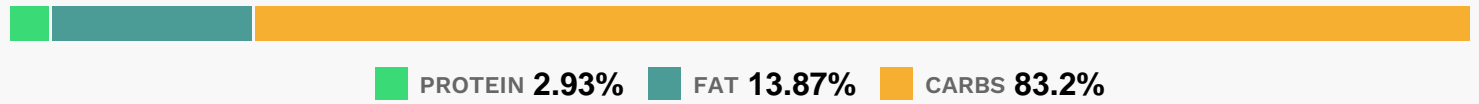
Equipment

sauce pan

Directions

- In a medium saucepan over medium heat, slowly cook and stir the onion in vegetable oil until soft.
- Mix in the ketchup, sweet pickle relish, sugar, vinegar, salt and pepper. Simmer until ready to serve.

Nutrition Facts



Properties

Glycemic Index:14.92, Glycemic Load:1.66, Inflammation Score:-3, Nutrition Score:2.3400000087593%

Flavonoids

Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 72.55kcal (3.63%), Fat: 1.23g (1.89%), Saturated Fat: 0.19g (1.17%), Carbohydrates: 16.54g (5.51%), Net Carbohydrates: 16.12g (5.86%), Sugar: 13.03g (14.48%), Cholesterol: 0mg (0%), Sodium: 515.47mg (22.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.17%), Vitamin K: 9.11µg (8.67%), Vitamin A: 288.57IU (5.77%), Vitamin E: 0.72mg (4.79%), Vitamin B2: 0.07mg (4.26%), Vitamin B6: 0.08mg (3.97%), Potassium: 133.02mg (3.8%), Manganese: 0.06mg (3.19%), Vitamin C: 2.63mg (3.19%), Vitamin B3: 0.6mg (3.01%), Copper: 0.05mg (2.28%), Magnesium: 6.89mg (1.72%), Fiber: 0.42g (1.67%), Phosphorus: 15.15mg (1.52%), Folate: 6.05µg (1.51%), Iron: 0.23mg (1.29%)