

Kentucky-Style Mutton Dip



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon ground allspice
- ☐ 2 servings kosher salt and pepper freshly ground
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons brown sugar light packed
- ☐ 0.3 teaspoon onion powder
- ☐ 0.5 cup worcestershire sauce

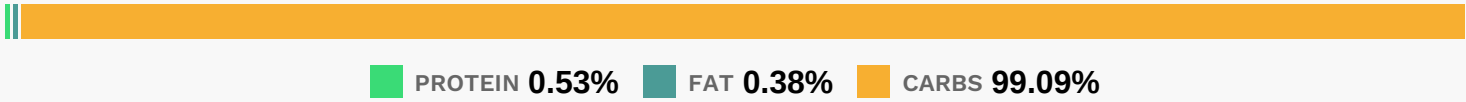
Equipment

☐ sauce pan

Directions

- ☐ Combine 4 cups water, the Worcestershire sauce, vinegar, brown sugar, lemon juice, allspice, garlic powder, onion powder, 1 1/2 teaspoons salt and 1/2 teaspoon pepper in a medium saucepan. Bring to a boil, then reduce the heat to medium low and simmer 5 minutes.
- ☐ Photograph by Andrew Purcell

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:4.6830434734407%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 115.49kcal (5.77%), Fat: 0.05g (0.07%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 26.7g (8.9%), Net Carbohydrates: 26.55g (9.65%), Sugar: 18.97g (21.08%), Cholesterol: 0mg (0%), Sodium: 1094.56mg (47.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.29%), Iron: 3.9mg (21.69%), Potassium: 626.89mg (17.91%), Vitamin C: 12mg (14.55%), Calcium: 91.18mg (9.12%), Manganese: 0.17mg (8.61%), Copper: 0.15mg (7.71%), Vitamin B2: 0.09mg (5.38%), Phosphorus: 49.75mg (4.97%), Magnesium: 14.37mg (3.59%), Vitamin B1: 0.05mg (3.53%), Vitamin B3: 0.51mg (2.56%), Folate: 7.55µg (1.89%), Zinc: 0.19mg (1.24%), Vitamin A: 56.11IU (1.12%)