



Kickin' Dippin' Fry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



2 min.

SERVINGS



4

CALORIES



24 kcal

SAUCE

Ingredients

- 1 pinch pepper black
- 1 tablespoon horseradish cream-style
- 0.3 cup catsup
- 1 pinch salt
- 2 tablespoons steak sauce

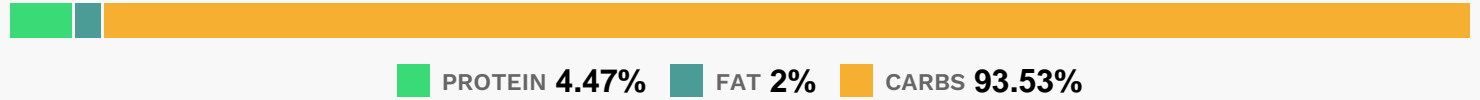
Equipment

- bowl

Directions

- In a small bowl, mix together the ketchup, steak sauce, horseradish, salt and pepper.
- Serve with homemade fries or onion rings.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.0643478288599%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 24.14kcal (1.21%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 6.2g (2.07%), Net Carbohydrates: 5.91g (2.15%), Sugar: 4.23g (4.7%), Cholesterol: 0mg (0%), Sodium: 285.24mg (12.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.59%), Vitamin C: 2.06mg (2.5%), Potassium: 75.11mg (2.15%), Vitamin E: 0.31mg (2.04%), Vitamin A: 99.29IU (1.99%), Manganese: 0.04mg (1.79%), Vitamin B2: 0.03mg (1.76%), Vitamin B6: 0.03mg (1.72%), Vitamin B3: 0.3mg (1.49%), Copper: 0.03mg (1.47%), Fiber: 0.29g (1.15%), Magnesium: 4.28mg (1.07%), Folate: 4.09µg (1.02%)