

Lemon Dill Cocktail Sauce

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Low Fod Map

READY IN

ready

5 min.

SERVINGS

servings

3

CALORIES

calories

44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1 teaspoon horseradish
- ☐ 0.5 cup catsup
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 0.3 teaspoon salt

Equipment

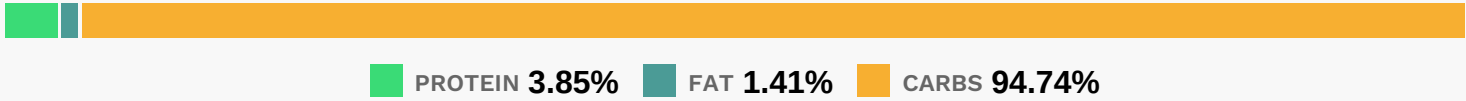
- ☐ bowl

whisk

Directions

Put all the ingredients into a bowl and whisk until well blended. Refrigerate until ready to serve. May be made 2 days in advance.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:1.9830434866573%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 43.77kcal (2.19%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 11.95g (3.98%), Net Carbohydrates: 11.68g (4.25%), Sugar: 8.93g (9.93%), Cholesterol: 0mg (0%), Sodium: 563.81mg (24.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.97%), Vitamin C: 6.9mg (8.36%), Vitamin A: 216.46IU (4.33%), Vitamin B2: 0.07mg (4.07%), Vitamin E: 0.6mg (4.01%), Potassium: 128.89mg (3.68%), Vitamin B6: 0.07mg (3.52%), Vitamin B3: 0.59mg (2.96%), Manganese: 0.05mg (2.25%), Copper: 0.04mg (1.88%), Folate: 6.84µg (1.71%), Magnesium: 6.43mg (1.61%), Phosphorus: 11.88mg (1.19%), Vitamin K: 1.22µg (1.16%), Fiber: 0.28g (1.11%)