



Lucy's Quick Tonkatsu Sauce



Gluten Free



Dairy Free

READY IN



66 min.

SERVINGS



4

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons cooking sherry dry
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 cup catsup
- ☐ 2.5 tablespoons soya sauce reduced-sodium
- ☐ 1.5 tablespoons sugar white
- ☐ 2.5 tablespoons worcestershire sauce

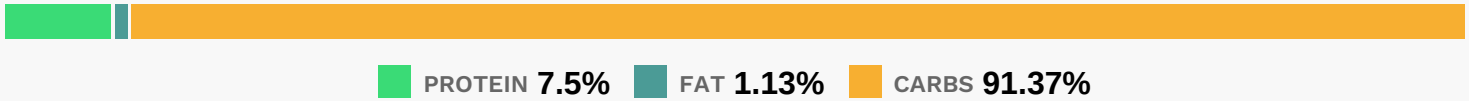
Equipment

- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Combine the ketchup, soy sauce, Worcestershire sauce, sherry, sugar, garlic powder, and ginger in a microwave-safe coffee mug or glass measuring cup. Stir well with a fork and microwave on high for 1 minute. Stir again and set aside.
- ☐ Let stand for 1 hour to allow the flavors to incorporate.

Nutrition Facts



Properties

Glycemic Index:22.52, Glycemic Load:3.18, Inflammation Score:-2, Nutrition Score:2.6308695544367%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 68.2kcal (3.41%), Fat: 0.09g (0.13%), Saturated Fat: 0.02g (0.09%), Carbohydrates: 15.9g (5.3%), Net Carbohydrates: 15.67g (5.7%), Sugar: 12.07g (13.41%), Cholesterol: 0mg (0%), Sodium: 770.84mg (33.51%), Alcohol: 0.58g (100%), Alcohol %: 1.2% (100%), Protein: 1.31g (2.61%), Manganese: 0.17mg (8.29%), Potassium: 216.36mg (6.18%), Vitamin B2: 0.09mg (5.31%), Iron: 0.89mg (4.95%), Vitamin B6: 0.07mg (3.7%), Magnesium: 13.57mg (3.39%), Phosphorus: 33.76mg (3.38%), Vitamin E: 0.49mg (3.27%), Vitamin A: 162.37IU (3.25%), Vitamin B3: 0.65mg (3.25%), Vitamin C: 2.62mg (3.17%), Copper: 0.06mg (2.77%), Folate: 8.22µg (2.05%), Calcium: 20mg (2%), Zinc: 0.18mg (1.18%), Vitamin B1: 0.02mg (1.12%)