

Marie Rose Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



225 kcal

SAUCE

Ingredients

- 4 servings pepper black freshly ground
- 2 tablespoons brandy
- 1 teaspoon hot sauce such as tabasco
- 0.3 cup catsup
- 4 servings kosher salt
- 2 teaspoons juice of lemon freshly squeezed
- 0.5 cup mayonnaise
- 1 teaspoon worcestershire sauce

Equipment

bowl

whisk

Directions

Place all of the measured ingredients in a medium bowl, season with salt and pepper, and whisk to combine. Refrigerate covered until ready to use.

Nutrition Facts

PROTEIN 0.86% **FAT 89.97%** **CARBS 9.17%**

Properties

Glycemic Index:24.25, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:3.2426087065883%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 224.94kcal (11.25%), Fat: 20.97g (32.26%), Saturated Fat: 3.28g (20.51%), Carbohydrates: 4.81g (1.6%), Net Carbohydrates: 4.73g (1.72%), Sugar: 3.58g (3.98%), Cholesterol: 11.76mg (3.92%), Sodium: 553.69mg (24.07%), Alcohol: 2.51g (100%), Alcohol %: 5.66% (100%), Protein: 0.45g (0.9%), Vitamin K: 46.29µg (44.09%), Vitamin E: 1.14mg (7.63%), Vitamin C: 2.53mg (3.06%), Vitamin B2: 0.03mg (1.99%), Vitamin A: 98.65IU (1.97%), Potassium: 65.28mg (1.87%), Manganese: 0.03mg (1.61%), Vitamin B6: 0.03mg (1.45%), Copper: 0.02mg (1.24%), Iron: 0.21mg (1.18%), Vitamin B3: 0.23mg (1.16%), Phosphorus: 11.45mg (1.14%), Selenium: 0.76µg (1.09%)