



Mom's Best Dipping Sauce for Steamed Artichoke

 Gluten Free

READY IN



65 min.

SERVINGS



3

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup miracle whip (NOT Miracle Whip)
- 0.5 tablespoon worcestershire sauce
- 0.5 tablespoon balsamic vinegar
- 0.5 tablespoon juice of lemon
- 0.5 tablespoon tarragon
- 0.5 tablespoon garlic minced

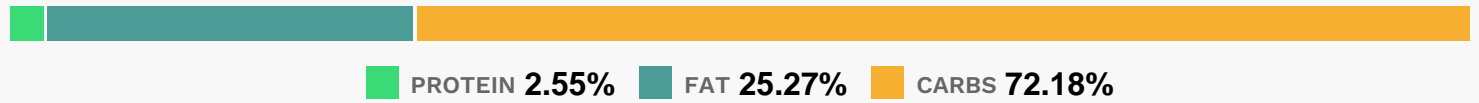
Equipment

- bowl
- plastic wrap

Directions

- Mix all ingredients together in a glass or ceramic bowl.
- Cover tightly with plastic wrap.
- Chill for at least one hour.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:0.7, Inflammation Score:-1, Nutrition Score:1.632608682889%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 81.91kcal (4.1%), Fat: 2.39g (3.68%), Saturated Fat: 0.53g (3.34%), Carbohydrates: 15.37g (5.12%), Net Carbohydrates: 13.64g (4.96%), Sugar: 9.51g (10.57%), Cholesterol: 7.65mg (2.55%), Sodium: 708.22mg (30.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.08%), Fiber: 1.74g (6.95%), Manganese: 0.12mg (5.95%), Iron: 0.67mg (3.74%), Potassium: 110.46mg (3.16%), Vitamin C: 2.34mg (2.83%), Calcium: 24.7mg (2.47%), Vitamin B6: 0.05mg (2.29%), Vitamin A: 110.16IU (2.2%), Magnesium: 5.22mg (1.3%), Vitamin B2: 0.02mg (1.24%), Phosphorus: 12.35mg (1.23%)