



Oysterville's Finest Cocktail Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon chili powder
- 1 tablespoon horseradish
- 1 cup catsup
- 1 tablespoon juice of lemon fresh
- 0.1 teaspoon pepper freshly ground

Equipment


- bowl

Directions

Combine all ingredients in a small bowl; chill.

*To order Seaport Spices Spanish Blend call 800/272-6237 or visit oysterville.net.

Nutrition Facts

 **PROTEIN 4.07%**  **FAT 2.04%**  **CARBS 93.89%**

Properties

Glycemic Index:13.4, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:2.3656521582085%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 51.83kcal (2.59%), Fat: 0.13g (0.21%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 13.93g (4.64%), Net Carbohydrates: 13.52g (4.92%), Sugar: 10.57g (11.74%), Cholesterol: 0mg (0%), Sodium: 454.56mg (19.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.21%), Vitamin A: 365.35IU (7.31%), Vitamin E: 0.86mg (5.72%), Vitamin B2: 0.08mg (4.98%), Vitamin C: 3.88mg (4.7%), Vitamin B6: 0.09mg (4.4%), Potassium: 153.81mg (4.39%), Vitamin B3: 0.75mg (3.74%), Manganese: 0.06mg (3.24%), Copper: 0.05mg (2.38%), Magnesium: 7.91mg (1.98%), Vitamin K: 1.98µg (1.89%), Folate: 6.75µg (1.69%), Fiber: 0.4g (1.62%), Phosphorus: 14.93mg (1.49%), Iron: 0.26mg (1.43%), Calcium: 10.6mg (1.06%)