



## Paul's Cocktail Sauce

 Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 12 ounce chili sauce
- 0.5 cup cider white
- 1 teaspoon juice of lemon
- 2 teaspoons pepper
- 2 teaspoons worcestershire sauce

## Equipment

## Directions

Stir together all ingredients. Cover and chill 30 minutes.

## Nutrition Facts

 **PROTEIN 10.62%**  **FAT 3.11%**  **CARBS 86.27%**

## Properties

Glycemic Index:8.2, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:2.1434782625217%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

## Nutrients (% of daily need)

Calories: 35.63kcal (1.78%), Fat: 0.12g (0.18%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 6.34g (2.31%), Sugar: 4.66g (5.18%), Cholesterol: 0mg (0%), Sodium: 471.8mg (20.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.79%), Vitamin C: 5.79mg (7.02%), Vitamin A: 234.5IU (4.69%), Vitamin E: 0.66mg (4.39%), Potassium: 141.56mg (4.04%), Fiber: 0.92g (3.68%), Manganese: 0.06mg (2.9%), Vitamin B3: 0.56mg (2.79%), Vitamin B6: 0.06mg (2.79%), Copper: 0.05mg (2.64%), Vitamin K: 2.44µg (2.32%), Vitamin B1: 0.03mg (2.13%), Iron: 0.38mg (2.1%), Phosphorus: 19.59mg (1.96%), Vitamin B2: 0.03mg (1.54%), Magnesium: 5.08mg (1.27%), Calcium: 10.65mg (1.07%)