



Pink Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



522 kcal

SAUCE

Ingredients

- 0.5 cup chili sauce
- 2 cloves garlic crushed
- 2 teaspoons horseradish prepared
- 0.5 cup catsup
- 3 tablespoons juice of lemon fresh
- 1 cup mayonnaise
- 1 teaspoon mustard prepared
- 1 large onion quartered

- 1 teaspoon paprika
- 1 teaspoon pepper freshly ground
- 0.5 cup vegetable oil
- 1 tablespoon water
- 2 tablespoons worcestershire sauce

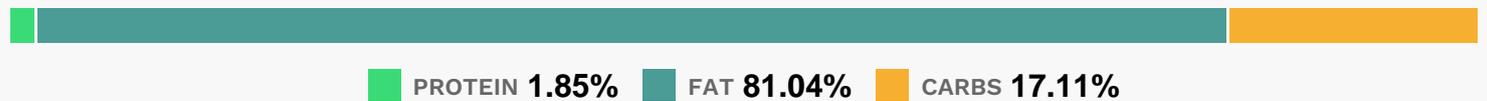
Equipment

- blender

Directions

- Process all ingredients in a blender until smooth, stopping once to scrape down sides. Chill 30 minutes.
- Note: Leftover sauce may be used as a salad dressing or as a dip for boiled shrimp or crab claws.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:1.22, Inflammation Score:-6, Nutrition Score:11.14782613775%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg

Nutrients (% of daily need)

Calories: 521.56kcal (26.08%), Fat: 47.68g (73.36%), Saturated Fat: 7.45g (46.55%), Carbohydrates: 22.64g (7.55%), Net Carbohydrates: 20.59g (7.49%), Sugar: 14.26g (15.84%), Cholesterol: 23.52mg (7.84%), Sodium: 1222.22mg (53.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.91%), Vitamin K: 105.51µg (100.48%), Vitamin E: 3.56mg (23.76%), Vitamin C: 16.02mg (19.42%), Vitamin A: 680.57IU (13.61%), Potassium: 388.18mg (11.09%), Vitamin B6: 0.19mg (9.51%), Manganese: 0.19mg (9.43%), Fiber: 2.05g (8.2%), Iron: 1.25mg

(6.92%), Vitamin B2: 0.12mg (6.9%), Copper: 0.13mg (6.58%), Phosphorus: 60.96mg (6.1%), Vitamin B3: 1.17mg (5.86%), Folate: 20.51µg (5.13%), Vitamin B1: 0.07mg (4.88%), Magnesium: 17.52mg (4.38%), Calcium: 42.58mg (4.26%), Selenium: 2.88µg (4.11%), Zinc: 0.35mg (2.33%), Vitamin B5: 0.21mg (2.06%), Vitamin B12: 0.07µg (1.12%)