

# Rachel's Wasabi Cocktail Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoon brown sugar
- 0.5 cup catsup
- 0.1 teaspoon juice of lime
- 0.1 teaspoon wasabi paste

## Equipment

- bowl

## Directions

In a small bowl, mix together the brown sugar, wasabi paste, lemon juice and ketchup. Chill until using, or use immediately.

## Nutrition Facts

 PROTEIN **3.33%**  FAT **0.73%**  CARBS **95.94%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.1539130489463%

## Flavonoids

Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 34.31kcal (1.72%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.03%), Carbohydrates: 9.25g (3.08%), Net Carbohydrates: 9.15g (3.33%), Sugar: 7.36g (8.18%), Cholesterol: 0mg (0%), Sodium: 272.41mg (11.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.64%), Vitamin A: 154.03IU (3.08%), Vitamin B2: 0.05mg (2.94%), Vitamin E: 0.44mg (2.92%), Potassium: 86.7mg (2.48%), Vitamin B6: 0.05mg (2.41%), Vitamin B3: 0.43mg (2.16%), Vitamin C: 1.34mg (1.63%), Manganese: 0.03mg (1.55%), Copper: 0.03mg (1.31%), Magnesium: 4.11mg (1.03%)