



Red Sauce

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



10 min.

SERVINGS



10

CALORIES



100 kcal

SAUCE

Ingredients

- 2 cups chili sauce
- 3 tablespoons horseradish fresh grated
- 2 cups catsup
- 3 tablespoons juice of lemon fresh

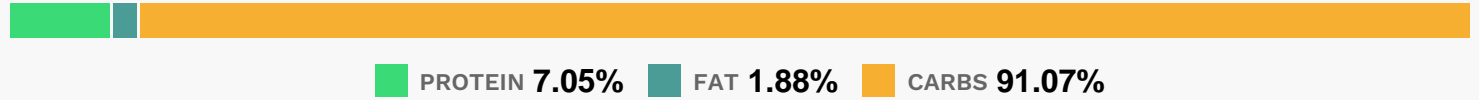
Equipment

- whisk

Directions

- Whisk together chili sauce and remaining ingredients; chill, if desired.
- *3 tablespoons prepared horseradish may be substituted.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:4.8500000147716%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 99.7kcal (4.99%), Fat: 0.22g (0.34%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 24.27g (8.09%), Net Carbohydrates: 22.81g (8.29%), Sugar: 17.6g (19.55%), Cholesterol: 0mg (0%), Sodium: 1167.05mg (50.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Vitamin C: 12.45mg (15.09%), Vitamin A: 617.79IU (12.36%), Vitamin E: 1.76mg (11.71%), Potassium: 341.54mg (9.76%), Vitamin B6: 0.17mg (8.26%), Vitamin B3: 1.56mg (7.82%), Vitamin B2: 0.12mg (6.97%), Fiber: 1.47g (5.87%), Copper: 0.11mg (5.63%), Phosphorus: 41.23mg (4.12%), Vitamin K: 4.28µg (4.08%), Vitamin B1: 0.06mg (3.7%), Iron: 0.61mg (3.38%), Magnesium: 13.06mg (3.27%), Folate: 10.13µg (2.53%), Manganese: 0.05mg (2.4%), Calcium: 18.39mg (1.84%), Selenium: 0.94µg (1.34%), Zinc: 0.17mg (1.14%)