



## Russian Dipping Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



125 min.

SERVINGS



12

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 small bell pepper green chopped
- 0.3 cup catsup
- 1 cup mayonnaise
- 1 teaspoon onion powder
- 12 servings salt to taste

### Equipment

- mixing bowl

## Directions

In a medium-size mixing bowl, combine mayonnaise, ketchup, onion powder, green pepper, and salt to taste. Chill before serving.

## Nutrition Facts

**PROTEIN 0.9%** **FAT 93.47%** **CARBS 5.63%**

## Properties

Glycemic Index:5, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.2726086585418%

## Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 133.79kcal (6.69%), Fat: 13.98g (21.51%), Saturated Fat: 2.19g (13.68%), Carbohydrates: 1.89g (0.63%), Net Carbohydrates: 1.75g (0.64%), Sugar: 1.33g (1.48%), Cholesterol: 7.84mg (2.61%), Sodium: 357.98mg (15.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.6%), Vitamin K: 31.04µg (29.56%), Vitamin C: 5.2mg (6.31%), Vitamin E: 0.71mg (4.72%), Vitamin B6: 0.02mg (1.22%), Vitamin A: 60.6IU (1.21%)