



Russian Dressing



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



5

CALORIES



16 kcal

SIDE DISH

Ingredients

- ☐ 4 teaspoons horseradish (packed in beet juice) horseradish, or to taste
- ☐ 0.3 cup chili sauce (ketchup-style)
- ☐ 1 teaspoon sauce of the chicken from the turbo broiler (red)
- ☐ 1 tablespoon onion (finely chopped)
- ☐ 5 servings sea salt (fine)
- ☐ 0.3 teaspoon paprika (sweet)
- ☐ 1 teaspoon worcestershire sauce

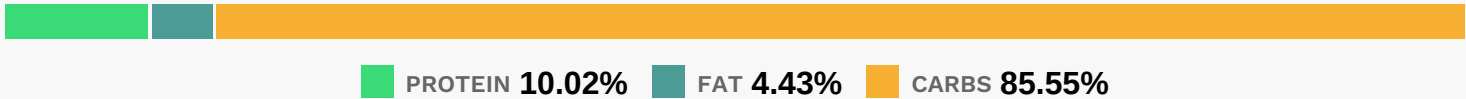
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ mortar and pestle

Directions

- ☐ In a mortar and pestle, mash the onion to create a paste, or use a large heavy knife to mince and mash the onion into a paste.
- ☐ Transfer the onion paste to a small bowl and whisk in the mayonnaise, chili sauce, horseradish, hot sauce, Worcestershire sauce, and sweet paprika. Season with fine sea salt, if desired. DO AHEAD: The dressing can be prepared ahead and refrigerated, in an airtight container, up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:15.4, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:1.1308695570282%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 16.48kcal (0.82%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 3.1g (1.13%), Sugar: 2.35g (2.61%), Cholesterol: 0mg (0%), Sodium: 439.47mg (19.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.85%), Vitamin C: 3.48mg (4.22%), Vitamin A: 143.14IU (2.86%), Potassium: 75.18mg (2.15%), Fiber: 0.53g (2.11%), Vitamin E: 0.29mg (1.95%), Vitamin B6: 0.03mg (1.47%), Vitamin B3: 0.25mg (1.27%), Copper: 0.02mg (1.21%), Iron: 0.22mg (1.2%), Folate: 4.03µg (1.01%)