



Russian Dressing



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



5

CALORIES



321 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
- ☐ 1 cup mayonnaise (homemade)

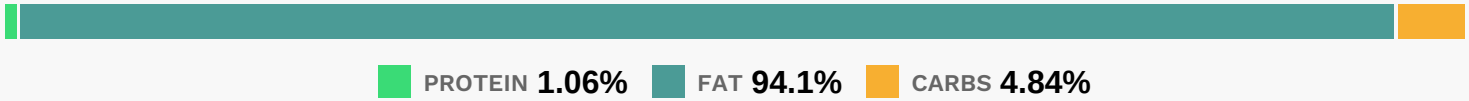
Equipment

- ☐ 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:25.4, Glycemic Load:0.28, Inflammation Score:-2, Nutrition Score:4.9756522878357%

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: 321.12kcal (16.06%), Fat: 33.59g (51.68%), Saturated Fat: 5.25g (32.84%), Carbohydrates: 3.88g (1.29%), Net Carbohydrates: 3.35g (1.22%), Sugar: 2.61g (2.9%), Cholesterol: 18.82mg (6.27%), Sodium: 723.95mg (31.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.71%), Vitamin K: 73.89µg (70.37%), Vitamin E: 1.76mg (11.75%), Vitamin C: 3.48mg (4.22%), Vitamin A: 172.26IU (3.45%), Potassium: 84.14mg (2.4%), Fiber: 0.53g (2.11%), Phosphorus: 19.36mg (1.94%), Selenium: 1.32µg (1.88%), Iron: 0.31mg (1.73%), Vitamin B6: 0.03mg (1.64%), Copper: 0.03mg (1.63%), Folate: 6.27µg (1.57%), Vitamin B2: 0.02mg (1.32%), Vitamin B1: 0.02mg (1.28%), Vitamin B3: 0.25mg (1.27%), Calcium: 10.65mg (1.06%)