

Simple Steak Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon brown sugar
- 1 tablespoon cider vinegar
- 0.5 cup catsup
- 1 tablespoon mustard prepared
- 1 pinch pepper
- 4 drops pepper sauce hot
- 1 pinch salt
- 2.5 tablespoons worcestershire sauce

Equipment

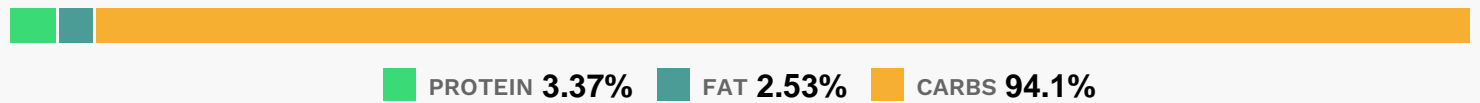
bowl

whisk

Directions

In a bowl, whisk together the ketchup, Worcestershire sauce, brown sugar, hot pepper sauce, mustard, vinegar, salt and pepper.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.3986956509559%

Flavonoids

Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 35.42kcal (1.77%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 8.98g (2.99%), Net Carbohydrates: 8.81g (3.2%), Sugar: 6.96g (7.74%), Cholesterol: 0mg (0%), Sodium: 325.75mg (14.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.64%), Potassium: 122.28mg (3.49%), Iron: 0.51mg (2.83%), Vitamin C: 2.25mg (2.73%), Vitamin B2: 0.04mg (2.63%), Vitamin A: 111.14IU (2.22%), Vitamin E: 0.31mg (2.05%), Manganese: 0.04mg (2.01%), Vitamin B3: 0.35mg (1.77%), Vitamin B6: 0.04mg (1.76%), Copper: 0.03mg (1.73%), Selenium: 1.05µg (1.5%), Calcium: 14.12mg (1.41%), Magnesium: 5.09mg (1.27%), Phosphorus: 12.53mg (1.25%)