



Special Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

SAUCE

Ingredients

- ☐ 0.1 teaspoon celery salt
- ☐ 2 teaspoons adobo sauce from chipotle chiles in adobo canned
- ☐ 1 tablespoon dill pickle relish sweet
- ☐ 2 tablespoons catsup
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon onion finely grated

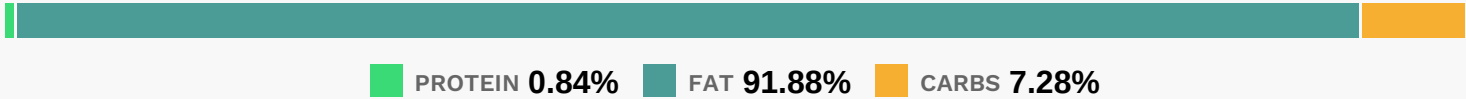
Equipment

bowl

Directions

Combine ingredients in a medium bowl and serve with burgers. Earn bonus points by bringing a jar to the next cookout.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:2.876086898472%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 204.05kcal (10.2%), Fat: 20.97g (32.26%), Saturated Fat: 3.28g (20.5%), Carbohydrates: 3.74g (1.25%), Net Carbohydrates: 3.37g (1.23%), Sugar: 2.03g (2.26%), Cholesterol: 11.76mg (3.92%), Sodium: 432.2mg (18.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.86%), Vitamin K: 45.88µg (43.69%), Vitamin E: 1.03mg (6.86%), Fiber: 0.37g (1.49%), Vitamin A: 63.11IU (1.26%), Vitamin B2: 0.02mg (1.17%), Iron: 0.2mg (1.1%), Phosphorus: 10.06mg (1.01%), Selenium: 0.71µg (1.01%)