



## Spicy Buffalo Sauce

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



**15 min.**

SERVINGS



**15**

CALORIES



**6 kcal**

SAUCE

### Ingredients

- 8 oz tomato sauce canned
- 5 oz hot sauce
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 0.5 teaspoon sugar
- 1 teaspoon worcestershire sauce

### Equipment

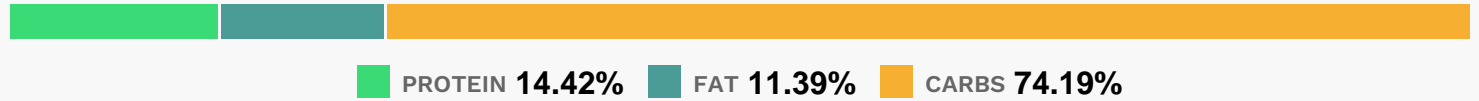
- sauce pan

## Directions

Cook tomato sauce, hot sauce, Worcestershire sauce, salt, sugar, and pepper in a saucepan over medium heat 8 to 10 minutes or until slightly thickened.

Note: We tested with Cholula Original Hot Sauce.

## Nutrition Facts



## Properties

Glycemic Index:9.81, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:1.1804347783327%

## Nutrients (% of daily need)

Calories: 5.57kcal (0.28%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 1.2g (0.4%), Net Carbohydrates: 0.94g (0.34%), Sugar: 0.83g (0.92%), Cholesterol: 0mg (0%), Sodium: 404.15mg (17.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.47%), Vitamin C: 8.18mg (9.91%), Potassium: 62.18mg (1.78%), Vitamin A: 81.28IU (1.63%), Vitamin E: 0.23mg (1.53%), Vitamin B6: 0.03mg (1.49%), Manganese: 0.03mg (1.26%), Iron: 0.22mg (1.2%), Vitamin B2: 0.02mg (1.07%), Copper: 0.02mg (1.07%), Fiber: 0.26g (1.05%)