

Steak Sauce

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

READY IN



5 min.

SERVINGS



12

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 tablespoons apple cider vinegar
- 0.5 teaspoon ground pepper black
- 1.3 cups catsup
- 4 drops pepper sauce hot
- 0.5 teaspoon salt
- 2 tablespoons worcestershire sauce
- 2 tablespoons mustard yellow prepared

Equipment

bowl

Directions

In a medium bowl, mix together the ketchup, mustard, Worcestershire sauce, vinegar, hot pepper sauce, salt and pepper.

Transfer to a jar and refrigerate until needed.

Nutrition Facts



PROTEIN 4.57% **FAT 3.1%** **CARBS 92.33%**

Properties

Glycemic Index:8.67, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.348695644218%

Flavonoids

Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 29.6kcal (1.48%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 7.4g (2.69%), Sugar: 5.66g (6.28%), Cholesterol: 0mg (0%), Sodium: 396.9mg (17.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.75%), Potassium: 99.64mg (2.85%), Vitamin B2: 0.05mg (2.78%), Vitamin A: 133.26IU (2.67%), Manganese: 0.05mg (2.54%), Vitamin E: 0.38mg (2.52%), Vitamin B6: 0.04mg (2.1%), Vitamin C: 1.65mg (2%), Vitamin B3: 0.39mg (1.97%), Iron: 0.29mg (1.62%), Copper: 0.03mg (1.51%), Selenium: 1.05µg (1.49%), Magnesium: 5.07mg (1.27%), Phosphorus: 11.22mg (1.12%)