



## Steak Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup apple sauce
- 1 teaspoon chili powder
- 0.7 cup catsup
- 0.5 cup raisins
- 2 tablespoons salad dressing italian-style
- 1 teaspoon seasoning salt

## Equipment

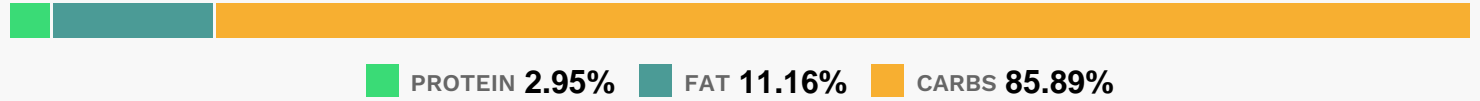
- food processor

blender

## Directions

Combine raisins, ketchup, chile powder, seasoning salt, applesauce and Italian-style dressing in a blender or food processor. Blend until smooth.

## Nutrition Facts



## Properties

Glycemic Index:7.35, Glycemic Load:3.82, Inflammation Score:-2, Nutrition Score:1.8356521725655%

## Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

## Nutrients (% of daily need)

Calories: 62.53kcal (3.13%), Fat: 0.86g (1.32%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 14.86g (4.95%), Net Carbohydrates: 13.93g (5.07%), Sugar: 6.09g (6.76%), Cholesterol: 0mg (0%), Sodium: 513.78mg (22.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Potassium: 150.13mg (4.29%), Fiber: 0.93g (3.72%), Vitamin A: 182.41IU (3.65%), Vitamin B2: 0.06mg (3.33%), Vitamin E: 0.49mg (3.26%), Vitamin B6: 0.06mg (3.01%), Vitamin K: 2.9µg (2.76%), Manganese: 0.05mg (2.69%), Copper: 0.05mg (2.59%), Iron: 0.39mg (2.19%), Vitamin B3: 0.43mg (2.17%), Vitamin C: 1.48mg (1.79%), Magnesium: 6.33mg (1.58%), Phosphorus: 14.03mg (1.4%), Vitamin B1: 0.02mg (1.18%)