



Tonkatsu / Katsu Sauce

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



86 kcal

SAUCE

Ingredients

- 1.5 teaspoons garlic powder
- 1.5 teaspoons ground pepper black
- 1 cup catsup
- 4 teaspoons ground mustard dry
- 3 tablespoons worcestershire sauce

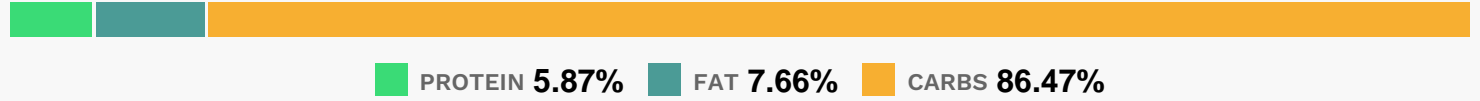
Equipment

- bowl

Directions

- In a small bowl, stir together the ketchup, mustard powder, garlic powder, pepper, and Worcestershire sauce. Cover and refrigerate for at least 1 hour to blend the flavors before serving.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:4.4291304038919%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 86.18kcal (4.31%), Fat: 0.82g (1.26%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 20.75g (6.92%), Net Carbohydrates: 20.03g (7.28%), Sugar: 14.22g (15.8%), Cholesterol: 0mg (0%), Sodium: 711.03mg (30.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Manganese: 0.22mg (10.75%), Potassium: 308.75mg (8.82%), Vitamin B2: 0.12mg (7.31%), Selenium: 4.95µg (7.07%), Iron: 1.21mg (6.7%), Vitamin E: 1mg (6.69%), Vitamin A: 322.6IU (6.45%), Vitamin B6: 0.12mg (6.18%), Vitamin B3: 1.06mg (5.3%), Copper: 0.11mg (5.27%), Vitamin C: 4.27mg (5.18%), Magnesium: 19.01mg (4.75%), Phosphorus: 45.65mg (4.57%), Calcium: 32.17mg (3.22%), Vitamin K: 3.27µg (3.11%), Fiber: 0.71g (2.86%), Folate: 10.32µg (2.58%), Vitamin B1: 0.04mg (2.49%), Zinc: 0.29mg (1.94%)