

Zesty Chili Sauce

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

READY IN



45 min.

SERVINGS



32

CALORIES



6 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon garlic minced
- 2 tablespoons horseradish prepared
- 2 teaspoons hot sauce
- 3 tablespoons juice of lemon fresh
- 1 cup no-salt-added ketchup
- 1 teaspoon worcestershire sauce

Equipment

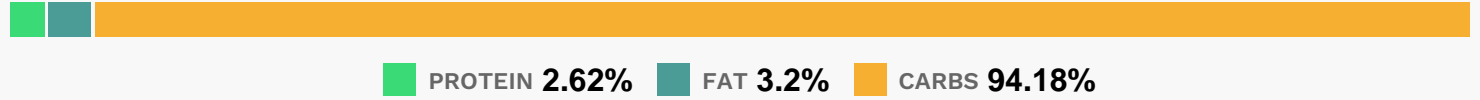
- bowl

whisk

Directions

Combine all ingredients in a small bowl, stirring with a whisk. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:2.03, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.1186956534891%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 5.69kcal (0.28%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 0.73g (0.24%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.6g (0.67%), Cholesterol: 0mg (0%), Sodium: 13.08mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.04%), Vitamin C: 1mg (1.22%)