



Healthdor

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Crazy Sauce ♦

A spicy and tangy sauce that adds a burst of flavor to any dish. It is commonly used as a dipping sauce for fries, chicken wings, and vegetables.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 10

Serving Size: 20 g

Ingredients

100 g	tomato ketchup
100 g	mayonnaise
50 g	hot sauce
30 ml	Lemon juice
5 g	Garlic powder
2 g	Salt

2 g Black pepper

Directions

Step 1

Mixing

In a mixing bowl, combine tomato ketchup, mayonnaise, hot sauce, lemon juice, garlic powder, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Whipping

Whisk the ingredients together until well combined.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Taste and adjust the seasoning if necessary.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Refrigerating

Transfer the sauce to a jar or container and refrigerate until ready to use.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 8 g

Protein: 0 g

Carbohydrates: 6 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
Fibers	0 g	0%	0%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	5 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas

Picnic

Course

Snacks

Sauces & Dressings

Appetizers

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

Meal Type

Snack

Lunch

Supper

Difficulty Level

Easy

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