



Healthdor

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Cocktail Sauce

Cocktail sauce is a classic condiment used for seafood dishes. It is typically made with a combination of ketchup, horseradish, Worcestershire sauce, lemon juice, and spices. The sauce is tangy, slightly spicy, and pairs well with shrimp, oysters, and other seafood. It can also be used as a dipping sauce for fries or as a topping for burgers.

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

150 g	ketchup
50 g	Horseradish
10 g	worcestershire sauce
20 g	Lemon juice
5 g	Spices

Directions

Step 1

Mixing

In a bowl, mix together ketchup, horseradish, Worcestershire sauce, lemon juice, and spices.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Refrigerating

Refrigerate the sauce for at least 1 hour to allow the flavors to blend.

Prep Time: 0 mins

Cook Time: 60 mins

Nutrition Facts

Calories: 50 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 12 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	12 g	21.82%	24%
Fibers	0 g	0%	0%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
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%
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

Cuisines

Middle Eastern

Course

Sauces & Dressings

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 \$30 to \$40

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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