

# Heinz 57 Honey Dipping Sauce

*www.Heinz57.com*

*1/2 cup Heinz 57 sauce  
2 tablespoons honey*

In a bowl, mix the Heinz 57 sauce and honey.

Serve with sweet potato fries.

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Per Serving (excluding unknown items): 129 Calories; 0g Fat (0.0% calories from fat); trace Protein; 35g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 2 1/2 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	129	Vitamin B6 (mg):	trace
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	99.6%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	0g	Folacin (mcg):	1mcg
Saturated Fat (g):	0g	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	35g	<b>Food Exchanges</b>	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	2mg	Vegetable:	0
Potassium (mg):	22mg	Fruit:	0
Calcium (mg):	3mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	2 1/2
Vitamin C (mg):	trace		
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

## Nutrition Facts

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**Amount Per Serving**

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**Calories** 129 **Calories from Fat:** 0

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**% Daily Values\***

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**Total Fat** 0g 0%Saturated Fat 0g 0%**Cholesterol** 0mg 0%**Sodium** 2mg 0%**Total Carbohydrates** 35g 12%Dietary Fiber trace 0%**Protein** trace

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**Vitamin A** 0%**Vitamin C** 0%**Calcium** 0%**Iron** 1%

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*\* Percent Daily Values are based on a 2000 calorie diet.*