

Mustard Steak Sauce

50 Burger Toppings
Food Network Magazine

1/4 cup ketchup
3 tablespoons yellow mustard
1 tablespoon mayonnaise
2 teaspoons steak sauce
2 teaspoons Worcestershire sauce
dash hot sauce

In a bowl, mix all of the ingredients.

Per Serving (excluding unknown items): 209 Calories; 14g Fat (54.6% calories from fat); 3g Protein; 23g Carbohydrate; 2g Dietary Fiber; 5mg Cholesterol; 1596mg Sodium. Exchanges: 1/2 Lean Meat; 1 Fat; 1 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	209	Vitamin B6 (mg):	.2mg
% Calories from Fat:	54.6%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	39.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	14g	Folacin (mcg):	14mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	5mg	% Refuse:	0.0%
Carbohydrate (g):	23g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	1/2
Sodium (mg):	1596mg	Vegetable:	0
Potassium (mg):	472mg	Fruit:	0
Calcium (mg):	64mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	1
Zinc (mg):	1mg	Other Carbohydrates:	1 1/2
Vitamin C (mg):	29mg		

Vitamin A (i.u.): 752IU
Vitamin A (r.e.): 81 1/2RE

Nutrition Facts

Amount Per Serving

Calories	209	Calories from Fat: 114
-----------------	-----	------------------------

% Daily Values*

Total Fat	14g	21%
Saturated Fat	2g	9%
Cholesterol	5mg	2%
Sodium	1596mg	67%
Total Carbohydrates	23g	8%
Dietary Fiber	2g	8%
Protein	3g	

Vitamin A	15%
Vitamin C	48%
Calcium	6%
Iron	12%

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