

Sauces

Tangy Steak Sauce

Food Network Magazine - June 2011

2 teaspoons lemon zest

1/4 cup molasses

1/8 teaspoon cayenne pepper

1 cup steak sauce

In a bowl, combine the lemon zest, molasses, cayenne and steak sauce. Mix well.

Per Serving (excluding unknown items): 370 Calories; 1g Fat (2.1% calories from fat); 4g Protein; 93g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 3516mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 0 Fat; 6 Other Carbohydrates.