

# Copycat Cane's Sauce (PKU-Friendly)



*Sweet, spicy, tangy – this sauce has it all! It's perfect for baked yuca fries, roasted vegetables, and crunchy carrot sticks!*

YIELD 6 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 5 MIN
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	PHE	Simplified PKU Protein
Serving	7mg	0g
Recipe	42mg	0g

## INGREDIENTS

½ cup	Gluten-Free Vegan Dressing
¼ cup	Gluten-Free Ketchup
2 tsp	Gluten-Free Worcestershire Sauce
1 tsp	Black Pepper, ground
1 tsp	Salt-free Creole Seasoning
½ tsp	Garlic Powder

## CHEF'S NOTES

Serving Size = 2 Tbsp

This dressing has the right balance of flavors that will appeal to the whole family. If you want to add some extra heat, mix in your favorite gluten-free hot sauce. Start by adding a teaspoon at a time until you reach your desired level!

Vegan mayonnaises can be made with a variety of ingredients ranging from chickpeas to soybeans. Check the nutrition facts label for ingredients and protein content!

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Combine all ingredients in a small bowl. Whisk together until well combined.
3. The sauce is ready to use immediately. Store leftovers in an airtight container in the fridge for up to a week.

# Nutrition Facts

6 servings per container

**Serving Size** 2 tablespoons (33 g)

**Amount per serving**

**Calories** 110

**% Daily Value \***

**Total Fat 11g** 14%

Saturated Fat 0.5g 3%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 260mg** 11%

**Total Carbohydrate 4g** 0%

Dietary Fiber 0g 0%

Total Sugars 3g

Includes 3g Added Sugars 6%

**Protein 0.2g** 0%

Vitamin D 0mcg 0%

Calcium 2mg 0%

Iron 0.06mg 0%

Potassium 6mg 0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from Dish by Dish, "Copycat Raising Cane's Sauce" (3/20/23)



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