

**Sauces**

---

# **Kick-N-Ketchup Dipping Sauce**

Tyson Foods

- 1 cup ketchup**
- 1 teaspoon cajun seasoning**
- 1 teaspoon hot sauce**

Combine all ingredients in a small bowl; stir until smooth.

Can be refridgerated up to two days.

Yield: 1 cup

---

Per Serving (excluding unknown items): 259 Calories; 1g Fat (3.1% calories from fat); 4g Protein; 68g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 3186mg Sodium. Exchanges: 0 Vegetable; 4 1/2 Other Carbohydrates.