

low fodmap buffalo sauce

Author: Em Schwartz, MS, RDN Total Time: 5 minutes Yield: 6 1x

Diet: Low Lactose



With just three simple ingredients, this Low FODMAP Buffalo Sauce recipe is easy, easy, easy! A great way to add FODMAP-friendly flavor to salads, wraps, and more!

INGREDIENTS

- $\frac{1}{4}$ cup butter (or ghee), melted
- 3 tablespoons Tabasco® Original Red Sauce
- 1 teaspoon Worcestershire sauce

INSTRUCTIONS

1. Whisk together all ingredients until well combined
2. Serve or place in an airtight container and store in the refrigerator for up to one week.

NOTES

Separation: Sauce may separate after storage in the refrigerator. Allow the sauce to come to room temperature again before whisking to mix.

Worcestershire Sauce: Even though this food typically contains high FODMAP ingredients (like molasses or garlic powder), Worcestershire sauce has been tested and is considered low FODMAP by Monash University. A low FODMAP serving is 2 tablespoons or 42 grams.

Serves 6

Serving Size: about 1 tablespoon

Calories Per Serving: 69

% DAILY VALUE

Total Fat 7.7g	10%	Total Carbohydrate 0.2g	0%	Dietary Fiber 0g	0%	Protein 0.2g	0%
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Find it online: <https://funwithoutfodmaps.com/low-fodmap-buffalo-sauce/>