



Balsamic Tartar Sauce



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



64

CALORIES



7 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon capers drained
- ☐ 0.8 cup mayonnaise light
- ☐ 1 tablespoon parsley finely chopped
- ☐ 1 tablespoon balsamic vinegar white

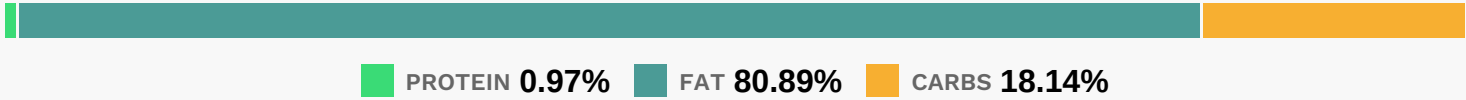
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in small bowl. Cover and chill, or serve immediately.
- ☐ Serve with crab cakes.

Nutrition Facts



Properties

Glycemic Index:1.28, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.15652173425516%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 6.52kcal (0.33%), Fat: 0.58g (0.9%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 0.29g (0.1%), Net Carbohydrates: 0.29g (0.11%), Sugar: 0.13g (0.15%), Cholesterol: 0.42mg (0.14%), Sodium: 25.26mg (1.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.03%), Vitamin K: 2.47µg (2.35%)