



Basil-Caper Tartar Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



237 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons capers drained
- ☐ 0.5 cup dill pickle relish drained
- ☐ 3 tablespoons basil fresh finely chopped
- ☐ 1 teaspoon juice from capers
- ☐ 1 cup mayonnaise
- ☐ 0.3 cup onion minced

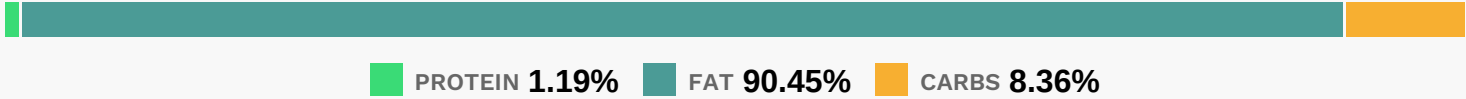
Equipment

- ☐ bowl

Directions

☐ Combine all ingredients in a small bowl; cover and chill.

Nutrition Facts



Properties

Glycemic Index:26.82, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:3.6126086556393%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 236.8kcal (11.84%), Fat: 24.05g (37%), Saturated Fat: 3.76g (23.5%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 4.55g (1.66%), Sugar: 0.51g (0.56%), Cholesterol: 13.44mg (4.48%), Sodium: 456.93mg (19.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.43%), Vitamin K: 56.3µg (53.62%), Vitamin E: 1.08mg (7.19%), Iron: 0.36mg (2.02%), Vitamin A: 98.4IU (1.97%), Fiber: 0.45g (1.79%), Copper: 0.03mg (1.73%), Phosphorus: 16.11mg (1.61%), Magnesium: 5.54mg (1.39%), Manganese: 0.02mg (1.22%), Selenium: 0.8µg (1.14%), Vitamin B2: 0.02mg (1.09%), Vitamin C: 0.86mg (1.04%)