



## Bread-and-Butter Pickle Rémoulade

 Vegetarian  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



82 kcal

### Ingredients

- 1 tablespoon bread-and-butter pickles finely chopped
- 0.3 cup dijon mustard
- 0.3 teaspoon filé powder
- 1 tablespoon chives fresh chopped
- 1 tablespoon parsley fresh chopped
- 0.5 teaspoon hot sauce
- 1 tablespoon juice of lemon
- 1 teaspoon lemon zest
- 0.8 cup mayonnaise

0.1 teaspoon pepper

0.1 teaspoon salt

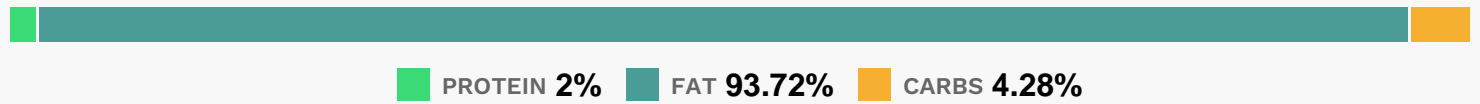
## Equipment

## Directions

Stir together all ingredients.

Lightened Bread-and-Butter Pickle Rmoulade: Substitute 3/4 cup light mayonnaise for regular mayonnaise.

## Nutrition Facts



## Properties

Glycemic Index:16.64, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:1.7439130389172%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 81.89kcal (4.09%), Fat: 8.57g (13.18%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 0.88g (0.29%), Net Carbohydrates: 0.63g (0.23%), Sugar: 0.22g (0.24%), Cholesterol: 4.7mg (1.57%), Sodium: 144.51mg (6.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Vitamin K: 23.2µg (22.09%), Selenium: 1.96µg (2.8%), Vitamin E: 0.39mg (2.59%), Manganese: 0.03mg (1.67%), Vitamin C: 1.15mg (1.39%), Fiber: 0.25g (1.01%)