



## Caesar Tartar Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



287 kcal

SAUCE

### Ingredients

- 0.8 teaspoon anchovy paste
- 0.5 cup mayonnaise
- 2 tablespoons onion minced
- 2 tablespoons parmesan cheese grated
- 2 tablespoons relish sweet




### Equipment

- bowl

## Directions

In a bowl, mix 1/2 cup mayonnaise, 2 tablespoons sweet pickle relish, 2 tablespoons minced onion, 2 tablespoons grated parmesan cheese, and 3/4 teaspoon anchovy paste. If making sauce up to 1 day ahead, cover and chill.

## Nutrition Facts

 **PROTEIN 2.62%**  **FAT 90.77%**  **CARBS 6.61%**

## Properties

Glycemic Index:25.67, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:4.7208696862926%

## Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

## Nutrients (% of daily need)

Calories: 286.72kcal (14.34%), Fat: 29.06g (44.7%), Saturated Fat: 4.93g (30.79%), Carbohydrates: 4.76g (1.59%), Net Carbohydrates: 4.54g (1.65%), Sugar: 3.41g (3.79%), Cholesterol: 19.85mg (6.62%), Sodium: 431.82mg (18.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Vitamin K: 69.5µg (66.19%), Vitamin E: 1.35mg (9.01%), Selenium: 3.08µg (4.4%), Calcium: 37.77mg (3.78%), Phosphorus: 36.09mg (3.61%), Vitamin A: 175.63IU (3.51%), Zinc: 0.26mg (1.75%), Vitamin B12: 0.1µg (1.72%), Vitamin B2: 0.03mg (1.71%), Vitamin B3: 0.33mg (1.66%), Iron: 0.26mg (1.47%), Copper: 0.02mg (1.23%)