



Cajun Rémoulade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



205 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons capers
- ☐ 0.5 cup celery chopped
- ☐ 1 tablespoon cider vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves chopped
- ☐ 0.5 cup green onions chopped
- ☐ 2 tablespoons horseradish prepared

- ☐ 1 tablespoon hot sauce
- ☐ 1 tablespoon catsup
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup mayonnaise
- ☐ 1 tablespoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon worcestershire sauce

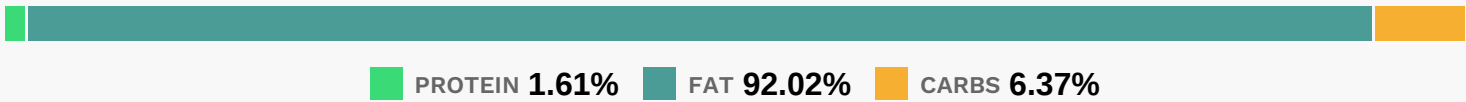
Equipment

- ☐ food processor

Directions

- ☐ Pulse first 4 ingredients in a food processor until coarsely chopped; drain well.
- ☐ Add remaining ingredients; pulse 3 or 4 times, stopping to scrape down sides.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:0.42, Inflammation Score:-5, Nutrition Score:6.160434782505%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.33mg, Apigenin: 2.33mg, Apigenin: 2.33mg, Apigenin: 2.33mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 205.15kcal (10.26%), Fat: 21.21g (32.63%), Saturated Fat: 3.32g (20.72%), Carbohydrates: 3.31g (1.1%), Net Carbohydrates: 2.41g (0.87%), Sugar: 1.52g (1.69%), Cholesterol: 11.76mg (3.92%), Sodium: 509.92mg (22.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.67%), Vitamin K: 78.23µg (74.5%), Vitamin A: 642.34IU (12.85%), Vitamin E: 1.29mg (8.61%), Vitamin C: 6.26mg (7.59%), Fiber: 0.9g (3.61%), Iron: 0.64mg (3.53%),

Manganese: 0.07mg (3.43%), Folate: 13.18µg (3.3%), Potassium: 108.54mg (3.1%), Vitamin B6: 0.05mg (2.53%),
Selenium: 1.66µg (2.38%), Vitamin B2: 0.04mg (2.29%), Calcium: 21.11mg (2.11%), Copper: 0.04mg (2.03%),
Phosphorus: 19.81mg (1.98%), Magnesium: 7.85mg (1.96%), Vitamin B1: 0.02mg (1.32%), Zinc: 0.19mg (1.28%),
Vitamin B3: 0.24mg (1.22%), Vitamin B5: 0.11mg (1.14%)