



Caper Dipping Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



203 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons capers drained
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup cup heavy whipping cream sour

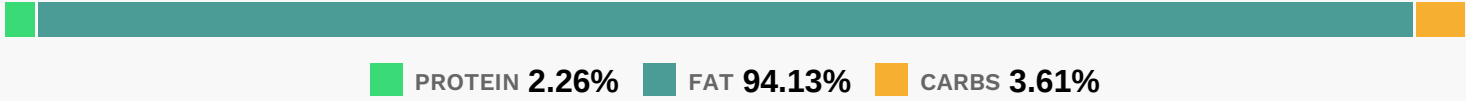
Equipment

- ☐ bowl

Directions

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

Nutrition Facts



Properties

Glycemic Index:29.2, Glycemic Load:0.13, Inflammation Score:-4, Nutrition Score:6.0130434036255%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 203.42kcal (10.17%), Fat: 21.49g (33.05%), Saturated Fat: 4.97g (31.07%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.42g (0.51%), Sugar: 1.05g (1.16%), Cholesterol: 22.98mg (7.66%), Sodium: 239.26mg (10.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.33%), Vitamin K: 86.5µg (82.39%), Vitamin A: 499.15IU (9.98%), Vitamin E: 0.93mg (6.22%), Vitamin C: 4.41mg (5.34%), Selenium: 3.44µg (4.91%), Calcium: 33.56mg (3.36%), Phosphorus: 31.07mg (3.11%), Vitamin B2: 0.05mg (3.1%), Iron: 0.37mg (2.07%), Folate: 7.88µg (1.97%), Manganese: 0.04mg (1.93%), Magnesium: 7.47mg (1.87%), Potassium: 63.2mg (1.81%), Fiber: 0.44g (1.75%), Vitamin B5: 0.15mg (1.46%), Vitamin B1: 0.02mg (1.44%), Zinc: 0.19mg (1.25%), Vitamin B12: 0.08µg (1.25%), Vitamin B6: 0.02mg (1.16%), Copper: 0.02mg (1.05%)