



Caper Tartar Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



197 kcal

SAUCE

Ingredients

- 1.5 teaspoons capers drained coarsely chopped
- 0.3 teaspoon dillweed dried
- 0.5 cup parsley leaves fresh loosely packed chopped
- 1.5 teaspoons sweet-hot mustard
- 0.5 cup mayonnaise
- 1 tablespoon milk
- 0.3 teaspoon pepper freshly ground

Equipment

Directions

Stir together all ingredients; cover and chill.

Nutrition Facts

PROTEIN 1.48% **FAT 96.36%** **CARBS 2.16%**

Properties

Glycemic Index:44.25, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:6.9382608973462%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 197.21kcal (9.86%), Fat: 21.2g (32.62%), Saturated Fat: 3.37g (21.03%), Carbohydrates: 1.07g (0.36%), Net Carbohydrates: 0.68g (0.25%), Sugar: 0.44g (0.49%), Cholesterol: 12.17mg (4.06%), Sodium: 227.49mg (9.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.47%), Vitamin K: 169.07µg (161.02%), Vitamin A: 662.89IU (13.26%), Vitamin C: 10.05mg (12.18%), Vitamin E: 0.99mg (6.61%), Iron: 0.61mg (3.39%), Folate: 13.31µg (3.33%), Selenium: 1.44µg (2.06%), Manganese: 0.04mg (2.05%), Calcium: 20.05mg (2.01%), Potassium: 59.05mg (1.69%), Phosphorus: 16.05mg (1.61%), Fiber: 0.39g (1.57%), Magnesium: 6.05mg (1.51%), Vitamin B2: 0.02mg (1.28%), Copper: 0.02mg (1.18%), Zinc: 0.15mg (1.03%), Vitamin B1: 0.02mg (1.01%)