



Caribbean Jerk Rémoulade Sauce

 **Gluten Free**  **Dairy Free**

READY IN

ready

45 min.

SERVINGS

servings

5

CALORIES

calories

176 kcal

SAUCE

Ingredients

- ☐ 0.3 cup capers drained
- ☐ 1 tablespoon caribbean jerk seasoning
- ☐ 1 tablespoon bottled chili sauce
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 2 garlic cloves minced
- ☐ 1 cup mayonnaise light
- ☐ 2 tablespoons olive oil

- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 1 tablespoon worcestershire sauce

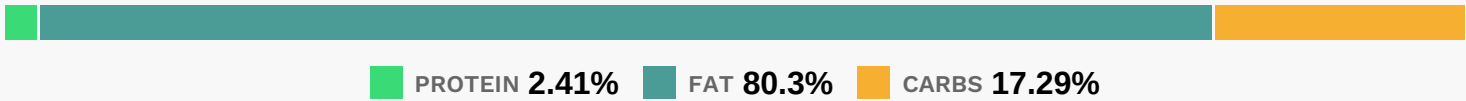
Equipment

- ☐ whisk

Directions

- ☐ Whisk together mayonnaise, red bell pepper, cilantro, capers, garlic, Caribbean jerk seasoning, olive oil, Creole mustard, chili sauce, and Worcestershire sauce. Cover and chill 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:25.2, Glycemic Load:0.23, Inflammation Score:-6, Nutrition Score:5.7834781693376%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 11.5mg, Kaempferol: 11.5mg, Kaempferol: 11.5mg, Kaempferol: 11.5mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.56mg, Quercetin: 15.56mg, Quercetin: 15.56mg, Quercetin: 15.56mg

Nutrients (% of daily need)

Calories: 175.6kcal (8.78%), Fat: 16.09g (24.76%), Saturated Fat: 2.4g (15%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 6.43g (2.34%), Sugar: 2.9g (3.22%), Cholesterol: 7.17mg (2.39%), Sodium: 790.41mg (34.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.17%), Vitamin K: 34.42µg (32.78%), Vitamin E: 2.69mg (17.97%), Vitamin A: 832.53IU (16.65%), Vitamin C: 11.46mg (13.89%), Selenium: 3.87µg (5.53%), Fiber: 1.37g (5.48%), Iron: 0.88mg (4.91%), Manganese: 0.09mg (4.7%), Vitamin B6: 0.08mg (4.16%), Copper: 0.08mg (3.95%), Potassium: 120.64mg (3.45%), Magnesium: 11.25mg (2.81%), Vitamin B2: 0.05mg (2.74%), Phosphorus: 26.63mg (2.66%), Folate: 9.17µg (2.29%), Calcium: 22.77mg (2.28%), Vitamin B3: 0.44mg (2.21%), Vitamin B1: 0.03mg (2.17%), Zinc: 0.21mg (1.43%)