



Chipotle Rémoulade



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



301 kcal

SIDE DISH

Ingredients

- ☐ 1 chipotle pepper in adobo sauce canned chopped
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest
- ☐ 0.8 cup mayonnaise
- ☐ 0.1 teaspoon pepper
- ☐ 0.1 teaspoon salt

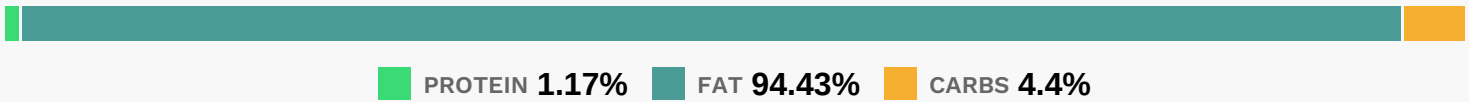
2 tablespoons sweet-hot pickle relish

Equipment

Directions

Stir together mayonnaise, Creole mustard, pickle relish, chopped chipotle pepper, parsley, lemon zest, lemon juice, salt, and pepper. Cover and chill up to 3 days before serving.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:5.4299998192684%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 300.68kcal (15.03%), Fat: 31.72g (48.8%), Saturated Fat: 4.94g (30.87%), Carbohydrates: 3.33g (1.11%), Net Carbohydrates: 2.44g (0.89%), Sugar: 0.68g (0.75%), Cholesterol: 17.64mg (5.88%), Sodium: 504.35mg (21.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.77%), Vitamin K: 85.07µg (81.02%), Vitamin E: 1.42mg (9.44%), Selenium: 3.52µg (5.03%), Fiber: 0.89g (3.57%), Vitamin C: 2.72mg (3.3%), Vitamin A: 130.19IU (2.6%), Iron: 0.46mg (2.58%), Manganese: 0.05mg (2.27%), Phosphorus: 20.83mg (2.08%), Magnesium: 6.24mg (1.56%), Vitamin B1: 0.02mg (1.54%), Folate: 4.76µg (1.19%), Copper: 0.02mg (1.13%), Calcium: 10.65mg (1.06%), Vitamin B2: 0.02mg (1.04%), Vitamin B5: 0.1mg (1.04%)