



Chipotle Tartar Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



343 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons chipotle chilies canned
- ☐ 1 cup mayonnaise
- ☐ 0.3 cup onion minced
- ☐ 0.3 cup relish sweet

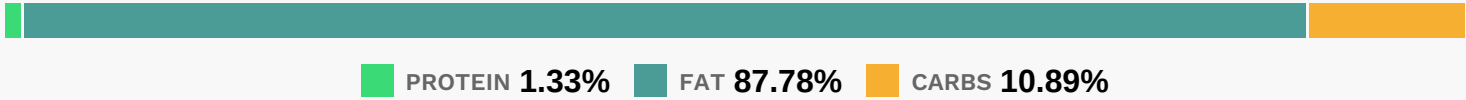
Equipment

- ☐ blender

Directions

- ☐ Rinse chilies. Discard seeds and veins.
- ☐ In a blender, pure chilies and mayonnaise. Stir in relish and onion.

Nutrition Facts



Properties

Glycemic Index:15.4, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:5.0404347116533%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 343.22kcal (17.16%), Fat: 33.83g (52.05%), Saturated Fat: 5.34g (33.35%), Carbohydrates: 9.44g (3.15%), Net Carbohydrates: 7.48g (2.72%), Sugar: 6.61g (7.34%), Cholesterol: 18.82mg (6.27%), Sodium: 389.23mg (16.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.31%), Vitamin K: 83.32µg (79.35%), Vitamin E: 1.54mg (10.28%), Fiber: 1.96g (7.84%), Vitamin A: 178.49IU (3.57%), Selenium: 1.07µg (1.53%), Phosphorus: 13.44mg (1.34%), Iron: 0.22mg (1.21%), Copper: 0.02mg (1.1%)