



Citrus Rémolade



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



165 kcal

SIDE DISH

Ingredients

- 2 teaspoons anchovy paste
- 1 tablespoon cilantro leaves chopped
- 0.3 cup dijon mustard
- 2 teaspoons horseradish prepared
- 1 tablespoon juice of lemon
- 0.5 teaspoon lemon rind grated
- 1 cup mayonnaise
- 1 teaspoon old bay seasoning

- 1 teaspoon orange rind grated
- 1 teaspoon paprika
- 0.3 cup toppings: such as pickles sweet chopped
- 2 teaspoons worcestershire sauce

Equipment

Directions

- Stir together all ingredients; cover and chill at least 1 hour or up to 1 week.

Nutrition Facts

PROTEIN 2.21% **FAT 92.92%** **CARBS 4.87%**

Properties

Glycemic Index:16.4, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:3.31999997988899%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 165.28kcal (8.26%), Fat: 17.15g (26.38%), Saturated Fat: 2.68g (16.74%), Carbohydrates: 2.02g (0.67%), Net Carbohydrates: 1.55g (0.56%), Sugar: 1.19g (1.32%), Cholesterol: 10.43mg (3.48%), Sodium: 292.27mg (12.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Vitamin K: 40.47µg (38.55%), Vitamin E: 0.88mg (5.84%), Selenium: 3.51µg (5.02%), Vitamin A: 157.1IU (3.14%), Manganese: 0.05mg (2.49%), Iron: 0.4mg (2.2%), Fiber: 0.47g (1.87%), Vitamin C: 1.47mg (1.79%), Phosphorus: 17.33mg (1.73%), Vitamin B3: 0.32mg (1.6%), Calcium: 15.7mg (1.57%), Magnesium: 5.7mg (1.42%), Potassium: 44.5mg (1.27%), Vitamin B1: 0.02mg (1.25%), Vitamin B2: 0.02mg (1.12%), Copper: 0.02mg (1.03%)