

Cornichon Sauce



Gluten Free



Dairy Free

READY IN



6 min.

SERVINGS



4

CALORIES



70 kcal

SAUCE

Ingredients

- ☐ 2 teaspoons capers drained
- ☐ 1 teaspoon dijon mustard country-style
- ☐ 1 tablespoon green onions thinly sliced (1 small)
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.5 cup mayonnaise light
- ☐ 1 Dash pepper black freshly ground
- ☐ 0.3 cup cornichon pickles finely chopped (such as Maille; 6 pickles)
- ☐ 0.1 teaspoon salt

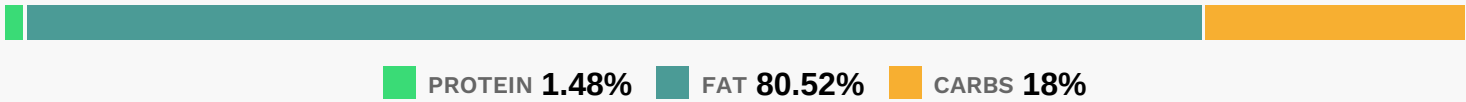
Equipment

☐ bowl

Directions

☐ Combine all ingredients in a small bowl.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.6313043444053%

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 Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 69.8kcal (3.49%), Fat: 6.31g (9.72%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.95g (1.07%), Sugar: 1.23g (1.37%), Cholesterol: 4.48mg (1.49%), Sodium: 418.16mg (18.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.52%), Vitamin K: 19.95µg (19%), Vitamin E: 0.65mg (4.33%), Vitamin C: 1.49mg (1.8%), Selenium: 1.18µg (1.68%), Vitamin A: 53.46IU (1.07%)