



Creamy White Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



98 kcal

SAUCE

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 garlic clove minced
- 1 teaspoon juice of lemon fresh
- 0.3 cup canola mayonnaise
- 0.3 teaspoon salt
- 2 teaspoons vinegar white

Equipment

Directions

Combine all ingredients, stirring well.

Nutrition Facts

PROTEIN 0.87% **FAT 96.77%** **CARBS 2.36%**

Properties

Glycemic Index:40.5, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:1.4895651795618%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 97.67kcal (4.88%), Fat: 10.49g (16.13%), Saturated Fat: 1.64g (10.27%), Carbohydrates: 0.58g (0.19%), Net Carbohydrates: 0.49g (0.18%), Sugar: 0.12g (0.13%), Cholesterol: 5.88mg (1.96%), Sodium: 234.48mg (10.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.42%), Vitamin K: 23.24µg (22.14%), Vitamin E: 0.46mg (3.1%), Manganese: 0.05mg (2.37%)