



Creole Rémoulade Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



34 kcal

SAUCE

Ingredients

- 0.5 teaspoon pepper black
- 0.5 cup celery finely chopped
- 0.3 cup cider vinegar
- 0.5 cup green onions finely chopped
- 1 Dash ground pepper red
- 0.3 cup horseradish prepared
- 0.3 cup juice of lemon
- 0.3 cup mustard prepared

- 2 teaspoons paprika
- 1 teaspoon salt
- 1 cup vegetable oil

Equipment

- bowl
- whisk

Directions

- Whisk together first 8 ingredients, and, if desired, ketchup in a bowl; gradually whisk in oil until thickened. Stir in celery and onions. Cover and chill at least 1 hour or up to 1 week.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:1.8569565557915%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 34.36kcal (1.72%), Fat: 3.13g (4.82%), Saturated Fat: 0.47g (2.93%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 0.95g (0.35%), Sugar: 0.65g (0.72%), Cholesterol: 0mg (0%), Sodium: 221.15mg (9.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.73%), Vitamin K: 13.67µg (13.02%), Vitamin C: 3.32mg (4.03%), Vitamin A: 186.1IU (3.72%), Manganese: 0.05mg (2.74%), Vitamin E: 0.37mg (2.44%), Fiber: 0.57g (2.3%), Selenium: 1.59µg (2.27%), Folate: 6.88µg (1.72%), Potassium: 48.25mg (1.38%), Magnesium: 5.16mg (1.29%), Iron: 0.22mg (1.2%), Calcium: 10.14mg (1.01%)