



Creole Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



12 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 3 green onions minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 cup mayonnaise light
- ☐ 0.5 cup nonfat yogurt plain

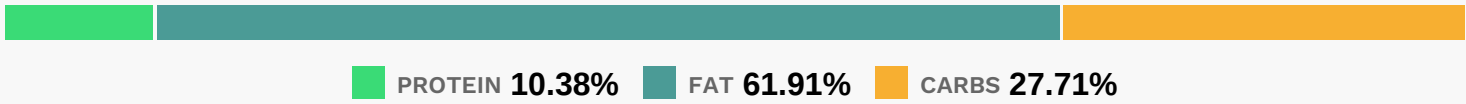
Equipment

Directions

☐

Stir together all ingredients until blended.

Nutrition Facts



Properties

Glycemic Index:4.94, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.67478260819031%

Flavonoids

Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 11.78kcal (0.59%), Fat: 0.82g (1.27%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 0.83g (0.28%), Net Carbohydrates: 0.75g (0.27%), Sugar: 0.46g (0.51%), Cholesterol: 0.64mg (0.21%), Sodium: 42.49mg (1.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Vitamin K: 6.3µg (6%)