



Creole Tartar Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



308 kcal

SAUCE

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon garlic chopped
- ☐ 1 tablespoon green onions chopped
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 cup mayonnaise
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon whole-grain mustard

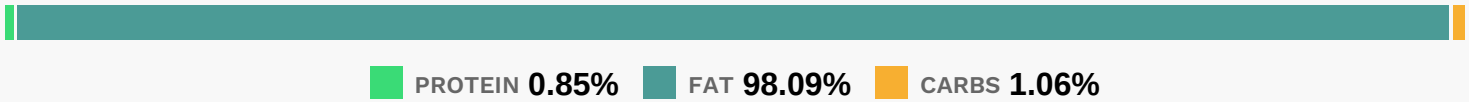
Equipment

☐ bowl

Directions

☐ Combine all ingredients in a small bowl; cover and chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:41.6, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:5.1265216191178%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 308.33kcal (15.42%), Fat: 33.63g (51.74%), Saturated Fat: 5.25g (32.83%), Carbohydrates: 0.82g (0.27%), Net Carbohydrates: 0.6g (0.22%), Sugar: 0.34g (0.38%), Cholesterol: 18.82mg (6.27%), Sodium: 386.95mg (16.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.31%), Vitamin K: 88.86µg (84.63%), Vitamin E: 1.49mg (9.96%), Selenium: 2.15µg (3.07%), Vitamin A: 111.86IU (2.24%), Vitamin C: 1.79mg (2.17%), Manganese: 0.04mg (2.1%), Phosphorus: 14.68mg (1.47%), Iron: 0.23mg (1.29%), Folate: 4.49µg (1.12%)