



## Criolla Rémoulade



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



165 kcal

SIDE DISH

## Ingredients

- 2 teaspoons anchovy paste
- 2 tablespoons capers drained
- 0.3 cup dijon mustard
- 1 tablespoon parsley fresh minced
- 2 teaspoons horseradish prepared
- 1 cup mayonnaise
- 1 teaspoon old bay seasoning
- 1 teaspoon paprika

0.3 cup toppings: such as pickles sweet chopped

2 teaspoons worcestershire sauce

## Equipment

## Directions

Stir together all ingredients; cover and chill at least 1 hour or up to 1 week.

Citrus Rmoulade: Prepare Criolla Rmoulade as directed, omitting capers and parsley. Stir in 1 tablespoon chopped cilantro, 1/2 teaspoon grated lemon rind, 1 tablespoon lemon juice, and 1 teaspoon grated orange rind. Cover and chill as directed.

## Nutrition Facts

**PROTEIN 2.31%** **FAT 92.99%** **CARBS 4.7%**

## Properties

Glycemic Index:16.4, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:3.6713043010753%

## Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

## Nutrients (% of daily need)

Calories: 165.21kcal (8.26%), Fat: 17.16g (26.4%), Saturated Fat: 2.68g (16.76%), Carbohydrates: 1.95g (0.65%), Net Carbohydrates: 1.46g (0.53%), Sugar: 1.15g (1.28%), Cholesterol: 10.43mg (3.48%), Sodium: 336.75mg (14.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.91%), Vitamin K: 47.3µg (45.05%), Vitamin E: 0.89mg (5.93%), Selenium: 3.53µg (5.04%), Vitamin A: 189.33IU (3.79%), Manganese: 0.05mg (2.56%), Iron: 0.44mg (2.46%), Fiber: 0.5g (1.98%), Phosphorus: 17.53mg (1.75%), Vitamin B3: 0.33mg (1.66%), Calcium: 16.32mg (1.63%), Magnesium: 6.27mg (1.57%), Copper: 0.03mg (1.33%), Vitamin C: 1.08mg (1.31%), Potassium: 45.01mg (1.29%), Vitamin B1: 0.02mg (1.24%), Vitamin B2: 0.02mg (1.24%)