



Dilled Tartar Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



2 kcal

SAUCE

Ingredients

- 1 optional: dill chopped
- 0.8 mayonnaise
- 1 pickle diced sour
- 3 relish sweet

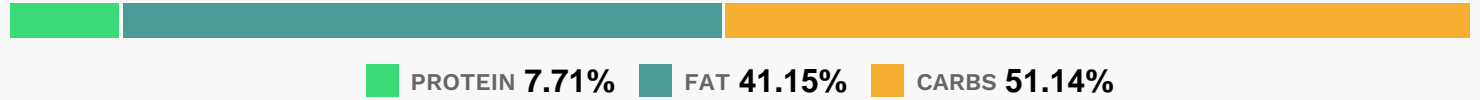
Equipment

- bowl

Directions

- Combine all ingredients in a bowl. Season the tartar sauce with salt and pepper and serve cold.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.20478260743877%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 1.72kcal (0.09%), Fat: 0.09g (0.13%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 0.24g (0.08%), Net Carbohydrates: 0.17g (0.06%), Sugar: 0.17g (0.19%), Cholesterol: 0.03mg (0.01%), Sodium: 55.49mg (2.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.07%), Vitamin K: 1.47µg (1.4%)