



Dot's Tartar Sauce

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



159 kcal

SAUCE

Ingredients

- 0.3 teaspoon pepper black
- 2 tablespoons capers drained
- 10 servings garnish: chives fresh chopped
- 1 tablespoon dijon mustard
- 2 tablespoons dill pickle relish
- 2 tablespoons chives fresh chopped
- 1 tablespoon tarragon fresh chopped
- 2 teaspoons juice of lemon fresh

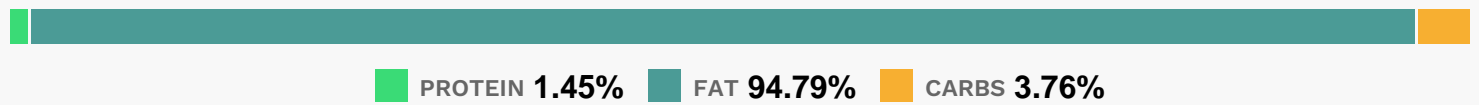
1 cup mayonnaise

Equipment

Directions

- Stir together first 8 ingredients until blended. Cover and chill until ready to serve.
- Garnish, if desired.
- Note: For testing purposes only, we used Wickles Relish.

Nutrition Facts



Properties

Glycemic Index:27.4, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:3.0230435703112%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 159.22kcal (7.96%), Fat: 16.9g (26%), Saturated Fat: 2.65g (16.54%), Carbohydrates: 1.51g (0.5%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.21g (0.23%), Cholesterol: 9.41mg (3.14%), Sodium: 236.28mg (10.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Vitamin K: 40.42µg (38.49%), Vitamin E: 0.76mg (5.06%), Manganese: 0.08mg (3.89%), Vitamin A: 122.22IU (2.44%), Iron: 0.39mg (2.18%), Vitamin C: 1.77mg (2.15%), Selenium: 1.09µg (1.56%), Folate: 5.43µg (1.36%), Calcium: 13.25mg (1.33%), Magnesium: 5.29mg (1.32%), Vitamin B2: 0.02mg (1.18%), Vitamin B6: 0.02mg (1.17%), Phosphorus: 10.96mg (1.1%), Copper: 0.02mg (1.09%), Potassium: 37.28mg (1.07%), Fiber: 0.27g (1.07%)