



Easy Rémoulade



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



84 kcal

SIDE DISH

Ingredients



2 tablespoons dijon mustard



2 tablespoons parsley fresh chopped



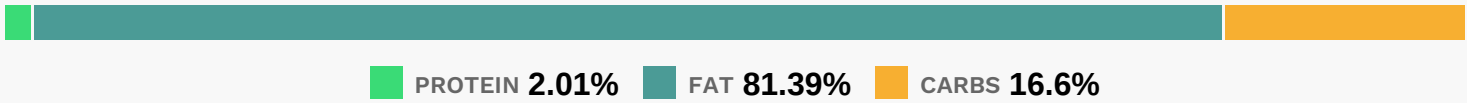
0.8 cup mayonnaise light

Equipment

Directions

Stir together 3/4 cup light mayonnaise, 2 Tbsp. Creole mustard, and 2 Tbsp. chopped fresh parsley. Cover and chill 30 minutes or up to 3 days.

Nutrition Facts



Properties

Glycemic Index:12.8, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:3.0465216610743%

Flavonoids

Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg

Nutrients (% of daily need)

Calories: 84.2kcal (4.21%), Fat: 7.67g (11.81%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 3.52g (1.17%), Net Carbohydrates: 3.21g (1.17%), Sugar: 1.29g (1.44%), Cholesterol: 5.38mg (1.79%), Sodium: 344.77mg (14.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.85%), Vitamin K: 44.37µg (42.26%), Vitamin E: 0.77mg (5.13%), Selenium: 2.92µg (4.16%), Vitamin A: 162.56IU (3.25%), Vitamin C: 2.15mg (2.61%), Manganese: 0.03mg (1.5%), Iron: 0.24mg (1.34%), Phosphorus: 12.45mg (1.24%), Fiber: 0.31g (1.24%), Magnesium: 4.35mg (1.09%), Folate: 4.2µg (1.05%), Vitamin B1: 0.02mg (1.03%)