



Fat Free Tartar Sauce

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



48 kcal

SAUCE

Ingredients

- 0.5 cup mayonnaise fat-free
- 1 large spring onion chopped
- 1.5 teaspoons red wine vinegar
- 2 tablespoons pickle relish sweet

Equipment

Directions

Mix together the mayonnaise, sweet pickle relish, green onion, and red wine vinegar. For best results, refrigerate for 1 hour before serving.

Nutrition Facts



PROTEIN 2.08% **FAT 19.31%** **CARBS 78.61%**

Properties

Glycemic Index:10.67, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:2.4391304821424%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 48.48kcal (2.42%), Fat: 1.1g (1.7%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 9.04g (3.29%), Sugar: 7.07g (7.86%), Cholesterol: 3.46mg (1.15%), Sodium: 386.01mg (16.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.53%), Vitamin K: 35.14µg (33.47%), Fiber: 1.06g (4.23%), Vitamin A: 204.88IU (4.1%), Vitamin C: 1.68mg (2.04%), Iron: 0.27mg (1.49%), Folate: 5.43µg (1.36%), Potassium: 45.34mg (1.3%), Manganese: 0.02mg (1.22%), Copper: 0.02mg (1.17%)