



Fennel-Lemon Tartar Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



293 kcal

SAUCE

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon capers coarsely chopped
- ☐ 2 tablespoons fennel fronds minced
- ☐ 0.3 cup fennel bulb minced
- ☐ 2 tablespoons parsley fresh minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 0.8 cup mayonnaise

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4 servings salt

Equipment

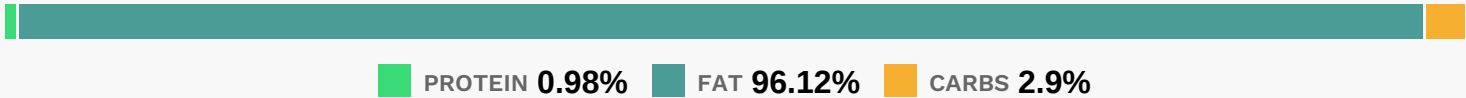
☐

bowl

Directions

- ☐ Combine first 7 ingredients in a small bowl.
- ☐ Add salt and pepper to taste. Cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:6.5756521717362%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 293.13kcal (14.66%), Fat: 31.5g (48.46%), Saturated Fat: 4.94g (30.86%), Carbohydrates: 2.14g (0.71%), Net Carbohydrates: 1.46g (0.53%), Sugar: 1g (1.11%), Cholesterol: 17.64mg (5.88%), Sodium: 523.82mg (22.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Vitamin K: 109.97µg (104.74%), Vitamin C: 8.48mg (10.28%), Vitamin E: 1.5mg (10%), Vitamin A: 217.23IU (4.34%), Fiber: 0.68g (2.73%), Folate: 10.71µg (2.68%), Potassium: 84.09mg (2.4%), Manganese: 0.05mg (2.32%), Iron: 0.36mg (2.03%), Phosphorus: 17.47mg (1.75%), Selenium: 1.1µg (1.57%), Calcium: 15.56mg (1.56%), Copper: 0.03mg (1.53%), Magnesium: 5.04mg (1.26%), Vitamin B5: 0.13mg (1.25%), Vitamin B2: 0.02mg (1.11%)