



Garlic Rémolade



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



389 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon capers drained chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 1 teaspoon tarragon fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon hot sauce
- ☐ 0.8 cup mayonnaise
- ☐ 0.3 teaspoon salt

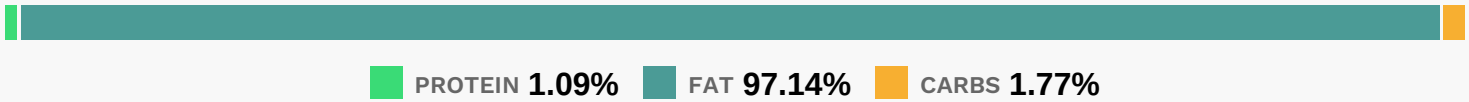
Equipment

☐ bowl

Directions

☐ Combine all ingredients in a bowl. Chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:71.33, Glycemic Load:0.58, Inflammation Score:-1, Nutrition Score:6.0313043101974%

Flavonoids

Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 389.4kcal (19.47%), Fat: 42.13g (64.81%), Saturated Fat: 6.58g (41.14%), Carbohydrates: 1.73g (0.58%), Net Carbohydrates: 1.36g (0.49%), Sugar: 0.42g (0.46%), Cholesterol: 23.52mg (7.84%), Sodium: 632.45mg (27.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.13%), Vitamin K: 91.83µg (87.46%), Vitamin E: 1.86mg (12.43%), Manganese: 0.13mg (6.69%), Selenium: 3.32µg (4.74%), Iron: 0.48mg (2.65%), Vitamin B6: 0.05mg (2.5%), Phosphorus: 22.67mg (2.27%), Calcium: 20mg (2%), Magnesium: 6.3mg (1.58%), Vitamin B2: 0.03mg (1.56%), Vitamin C: 1.26mg (1.52%), Copper: 0.03mg (1.49%), Fiber: 0.37g (1.48%), Potassium: 49.85mg (1.42%), Vitamin A: 70.5IU (1.41%), Vitamin B1: 0.02mg (1.41%), Folate: 5.24µg (1.31%), Vitamin B5: 0.13mg (1.26%), Zinc: 0.17mg (1.13%), Vitamin B12: 0.07µg (1.12%)