



Ginger Rémoulade



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



318 kcal

SIDE DISH

Ingredients

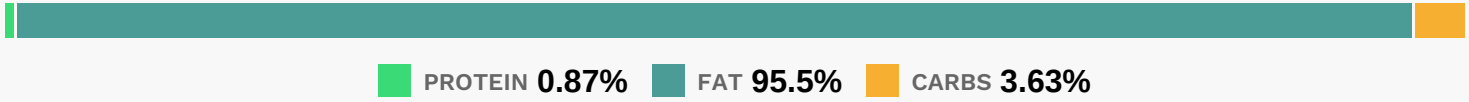
- ☐ 2 tablespoons sriracha
- ☐ 4 teaspoons ginger fresh grated
- ☐ 2 spring onion minced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 cup mayonnaise
- ☐ 5 servings salt and pepper to taste
- ☐ 1 tablespoon coarse mustard whole

Equipment

Directions

- ☐ Stir together mayonnaise, minced green onions, chili-garlic sauce, Dijon mustard, lime juice, and ginger.
- ☐ Add salt and pepper to taste.
- ☐ Serve immediately, or cover and chill up to 3 days. Stir well before serving.

Nutrition Facts



Properties

Glycemic Index:25.8, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:4.9547825727774%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 317.92kcal (15.9%), Fat: 33.63g (51.75%), Saturated Fat: 5.25g (32.84%), Carbohydrates: 2.88g (0.96%), Net Carbohydrates: 2.3g (0.84%), Sugar: 1.67g (1.85%), Cholesterol: 18.82mg (6.27%), Sodium: 846.39mg (36.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.37%), Vitamin K: 83.02µg (79.07%), Vitamin E: 1.52mg (10.11%), Selenium: 2.09µg (2.99%), Vitamin C: 1.89mg (2.3%), Fiber: 0.57g (2.29%), Vitamin A: 80.61IU (1.61%), Phosphorus: 15.39mg (1.54%), Folate: 6µg (1.5%), Manganese: 0.03mg (1.4%), Iron: 0.23mg (1.26%), Potassium: 36.9mg (1.05%)