

Hearty Tartar Sauce



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



3

CALORIES



1073 kcal

SAUCE

Ingredients

- ☐ 1 dill pickle chopped
- ☐ 1 clove garlic minced
- ☐ 0.5 cup olives green pitted chopped
- ☐ 2 green onion chopped
- ☐ 0.3 teaspoon taco sauce
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 cups mayonnaise
- ☐ 2 medium toppings: such as pickles sweet chopped

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0.3 teaspoon worcestershire sauce

Equipment

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food processor

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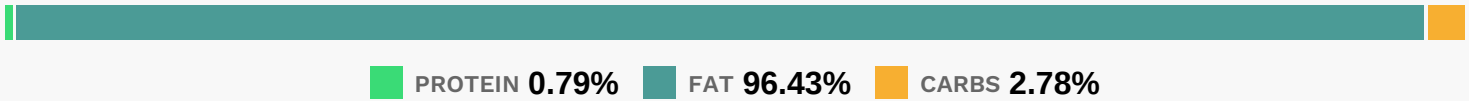
blender

Directions

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Place green onion, sweet and dill pickles, garlic, olives, mayonnaise, Worcestershire, taco sauce and lemon juice into a food processor or blender and process briefly. Do not puree. Refrigerate before serving.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:0.64, Inflammation Score:-5, Nutrition Score:9.4460869379666%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 1073kcal (53.65%), Fat: 115.35g (177.46%), Saturated Fat: 17.96g (112.28%), Carbohydrates: 7.5g (2.5%), Net Carbohydrates: 6.12g (2.22%), Sugar: 4.89g (5.44%), Cholesterol: 62.72mg (20.91%), Sodium: 1563.55mg (67.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.23%), Vitamin K: 271.8µg (258.86%), Vitamin E: 5.9mg (39.34%), Vitamin A: 433.32IU (8.67%), Vitamin C: 6.32mg (7.66%), Fiber: 1.38g (5.54%), Selenium: 3.84µg (5.49%), Calcium: 54.22mg (5.42%), Phosphorus: 44.32mg (4.43%), Folate: 17.23µg (4.31%), Copper: 0.08mg (3.9%), Iron: 0.69mg (3.81%), Potassium: 120.64mg (3.45%), Vitamin B2: 0.06mg (3.35%), Manganese: 0.06mg (3.11%), Vitamin B5: 0.31mg (3.06%), Vitamin B12: 0.18µg (2.99%), Vitamin B1: 0.04mg (2.88%), Vitamin B6: 0.05mg (2.61%), Magnesium: 9.17mg (2.29%), Zinc: 0.33mg (2.17%), Vitamin D: 0.3µg (1.99%)