



Herbed Tartar Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



387 kcal

SAUCE

Ingredients

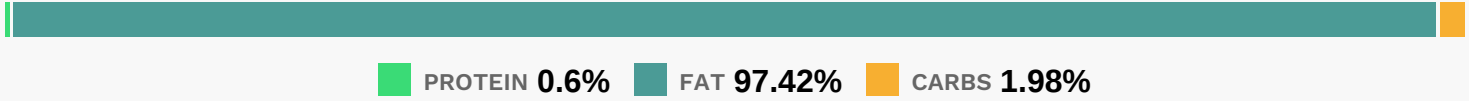
- ☐ 2 teaspoons basil fresh minced
- ☐ 2 dashes hot sauce
- ☐ 1 cup mayonnaise
- ☐ 1 tablespoon onion red minced
- ☐ 1 tablespoon relish sweet
- ☐ 1 Dash worcestershire sauce

Equipment

Directions

☐ Stir together all ingredients.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:5.1152173504233%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 386.88kcal (19.34%), Fat: 41.91g (64.47%), Saturated Fat: 6.56g (40.97%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.83g (0.67%), Sugar: 1.54g (1.71%), Cholesterol: 23.52mg (7.84%), Sodium: 390.69mg (16.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Vitamin K: 94.64µg (90.14%), Vitamin E: 1.86mg (12.4%), Selenium: 1.3µg (1.86%), Vitamin A: 85.04IU (1.7%), Phosphorus: 13.19mg (1.32%), Vitamin B12: 0.07µg (1.12%)