



Homemade Tartar Sauce



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



277 kcal

SAUCE

Ingredients

- ☐ 1 pinch cayenne
- ☐ 1 teaspoon crab boil seasoning (recommended: Old Bay)
- ☐ 1 teaspoon coarse ground pepper black
- ☐ 2 dashes hot sauce
- ☐ 0.5 juice of lemon juiced
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup mayonnaise
- ☐ 1 tablespoon onion red minced

- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 teaspoon relish sweet

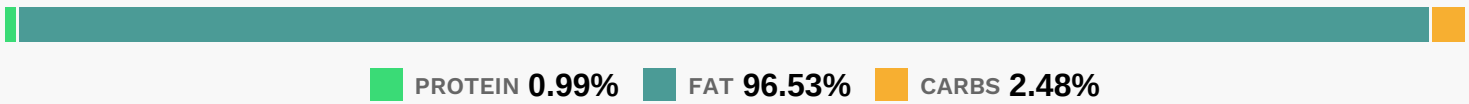
Equipment

- ☐ bowl

Directions

- ☐ In a small bowl, mix all the ingredients together until well incorporated. Cover and refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:4.1378260345563%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 277.06kcal (13.85%), Fat: 29.84g (45.9%), Saturated Fat: 5.35g (33.46%), Carbohydrates: 1.72g (0.57%), Net Carbohydrates: 1.55g (0.56%), Sugar: 0.93g (1.03%), Cholesterol: 21.33mg (7.11%), Sodium: 635.51mg (27.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Vitamin K: 64.95µg (61.85%), Vitamin E: 1.28mg (8.55%), Manganese: 0.07mg (3.65%), Vitamin A: 111.89IU (2.24%), Calcium: 18.29mg (1.83%), Selenium: 1.27µg (1.81%), Phosphorus: 17.07mg (1.71%), Vitamin C: 1.26mg (1.53%), Vitamin B2: 0.03mg (1.51%), Iron: 0.25mg (1.4%), Vitamin B12: 0.06µg (1.08%), Vitamin B5: 0.11mg (1.06%)