



Jalapeño-Lime Tartar Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



10 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons relish
- ☐ 1 jalapeno minced seeded
- ☐ 0.3 cup mayonnaise light
- ☐ 1 teaspoon lime zest fresh grated
- ☐ 0.3 cup cream sour reduced-fat
- ☐ 0.1 teaspoon salt

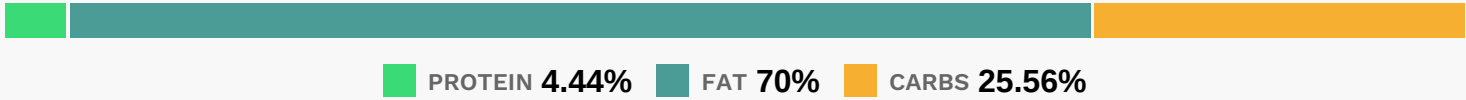
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a small bowl; cover and chill until ready to serve.
- ☐ Serve with crab cakes.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.22869565046352%

Flavonoids

Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 9.81kcal (0.49%), Fat: 0.78g (1.2%), Saturated Fat: 0.24g (1.5%), Carbohydrates: 0.64g (0.21%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.11g (0.12%), Cholesterol: 1.21mg (0.4%), Sodium: 40.61mg (1.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.22%), Vitamin K: 1.35µg (1.28%)