



Jalapeño Tartar Sauce



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



116 kcal

SAUCE

Ingredients

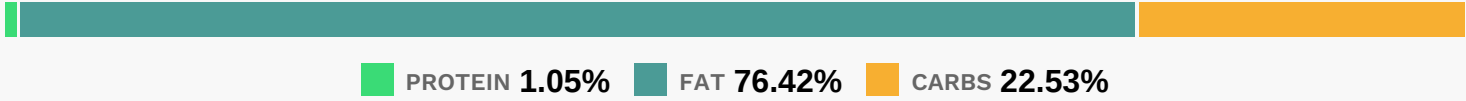
- ☐ 1 tablespoon capers
- ☐ 1 teaspoon dill dried
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 jalapeno diced
- ☐ 1 cup mayonnaise reduced-fat
- ☐ 2 tablespoons pickle relish sweet

Equipment

Directions

☐ Stir together all ingredients; cover and chill.

Nutrition Facts



Properties

Glycemic Index:15.4, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:2.5656522110752%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 116.29kcal (5.81%), Fat: 10.01g (15.4%), Saturated Fat: 1.56g (9.73%), Carbohydrates: 6.64g (2.21%), Net Carbohydrates: 6.4g (2.33%), Sugar: 3.47g (3.86%), Cholesterol: 7.17mg (2.39%), Sodium: 463.98mg (20.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Vitamin K: 31.28µg (29.79%), Vitamin E: 1.13mg (7.54%), Vitamin C: 3.9mg (4.73%), Vitamin A: 174.65IU (3.49%), Selenium: 1.2µg (1.72%), Iron: 0.26mg (1.42%), Copper: 0.02mg (1.14%)