



Low Fat Tartar Sauce

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



47 kcal

SAUCE

Ingredients

- 10 servings salt and ground pepper black to taste
- 2 tablespoons juice of lemon
- 3 tablespoons mayonnaise
- 0.5 onion finely chopped
- 1 cup milk yogurt plain whole

Equipment

- bowl

Directions

- Combine milk, mayonnaise, onion, and lemon juice in a bowl; season with salt and pepper. Cover and refrigerate until flavors blend, about 1 hour, if desired.

Nutrition Facts

PROTEIN 8.22% **FAT 75.27%** **CARBS 16.51%**

Properties

Glycemic Index:12.8, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:1.3326086848974%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 46.62kcal (2.33%), Fat: 3.95g (6.08%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 1.95g (0.65%), Net Carbohydrates: 1.82g (0.66%), Sugar: 1.48g (1.64%), Cholesterol: 4.95mg (1.65%), Sodium: 38.21mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Vitamin K: 7.08µg (6.74%), Calcium: 31.87mg (3.19%), Phosphorus: 26.15mg (2.62%), Vitamin B2: 0.04mg (2.22%), Vitamin C: 1.69mg (2.05%), Vitamin B12: 0.1µg (1.59%), Potassium: 51.26mg (1.46%), Vitamin B5: 0.11mg (1.15%), Zinc: 0.16mg (1.09%), Manganese: 0.02mg (1.07%), Vitamin E: 0.16mg (1.06%)