



Pearl Tartar Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1161 kcal

SAUCE

Ingredients

- ☐ 0.5 cup capers coarsely chopped
- ☐ 0.3 cup cornichons chopped
- ☐ 2 tablespoons cornichon juice
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 cups mayonnaise
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 cup onion red chopped

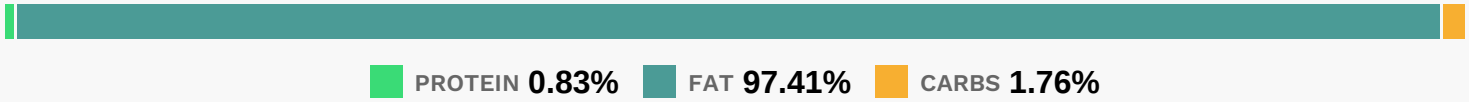
Equipment

bowl

Directions

Combine all ingredients in a large bowl. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:37.44, Glycemic Load:1.26, Inflammation Score:-5, Nutrition Score:9.1052174516346%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 28.86mg, Kaempferol: 28.86mg, Kaempferol: 28.86mg, Kaempferol: 28.86mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 41.85mg, Quercetin: 41.85mg, Quercetin: 41.85mg, Quercetin: 41.85mg

Nutrients (% of daily need)

Calories: 1160.57kcal (58.03%), Fat: 125.91g (193.71%), Saturated Fat: 19.73g (123.28%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 3.89g (1.41%), Sugar: 2.72g (3.02%), Cholesterol: 70.56mg (23.52%), Sodium: 2081.38mg (90.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.83%), Vitamin K: 284.26µg (270.73%), Vitamin E: 5.72mg (38.13%), Copper: 0.13mg (6.71%), Selenium: 4.25µg (6.07%), Fiber: 1.23g (4.94%), Manganese: 0.09mg (4.69%), Iron: 0.83mg (4.64%), Phosphorus: 45.54mg (4.55%), Folate: 17.37µg (4.34%), Vitamin B2: 0.07mg (4.14%), Vitamin B12: 0.2µg (3.36%), Vitamin B5: 0.33mg (3.3%), Vitamin A: 159.73IU (3.19%), Vitamin C: 2.59mg (3.13%), Magnesium: 12.1mg (3.02%), Calcium: 28.68mg (2.87%), Potassium: 84.74mg (2.42%), Zinc: 0.36mg (2.42%), Vitamin B6: 0.05mg (2.27%), Vitamin D: 0.34µg (2.24%), Vitamin B1: 0.03mg (2.12%)