



Quick-and-Easy Tartar Sauce



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



124 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup mayonnaise light
- ☐ 0.3 cup relish sweet

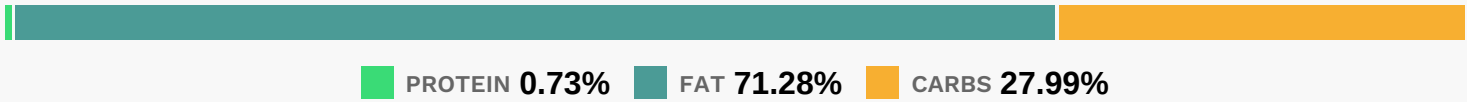
Equipment

- ☐ bowl

Directions

Stir together all ingredients in a small bowl until blended. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.4247825534447%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 123.87kcal (6.19%), Fat: 10.02g (15.41%), Saturated Fat: 1.55g (9.72%), Carbohydrates: 8.85g (2.95%), Net Carbohydrates: 8.7g (3.16%), Sugar: 5.31g (5.9%), Cholesterol: 7.17mg (2.39%), Sodium: 469.9mg (20.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.46%), Vitamin K: 34.32µg (32.69%), Vitamin E: 1.06mg (7.07%), Vitamin A: 180.93IU (3.62%), Vitamin C: 2.44mg (2.96%), Selenium: 1.17µg (1.67%)