



Radish Tartar Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



83 kcal

SAUCE

Ingredients

- 1 tablespoon capers drained
- 0.3 cup green onions minced
- 1 tablespoon horseradish prepared
- 0.3 cup mayonnaise reduced-calorie
- 0.5 cup nonfat cream sour
- 0.8 cup radishes finely chopped
- 0.1 teaspoon salt

Equipment

Directions

Combine all ingredients; stir well. Cover and chill. Stir well before serving.

Nutrition Facts

 **PROTEIN 4.49%**  **FAT 75.14%**  **CARBS 20.37%**

Properties

Glycemic Index:24.83, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:2.7534782015111%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 83.25kcal (4.16%), Fat: 7.04g (10.82%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 3.79g (1.38%), Sugar: 0.73g (0.81%), Cholesterol: 5.64mg (1.88%), Sodium: 188.7mg (8.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.89%), Vitamin K: 27.26µg (25.96%), Vitamin C: 3.87mg (4.69%), Calcium: 34.29mg (3.43%), Folate: 11.49µg (2.87%), Phosphorus: 26.03mg (2.6%), Vitamin B2: 0.04mg (2.53%), Potassium: 82.4mg (2.35%), Vitamin E: 0.35mg (2.32%), Vitamin A: 113.24IU (2.26%), Selenium: 1.44µg (2.05%), Fiber: 0.5g (2.01%), Magnesium: 5.69mg (1.42%), Zinc: 0.2mg (1.31%), Manganese: 0.02mg (1.19%), Copper: 0.02mg (1.16%), Vitamin B12: 0.07µg (1.14%), Iron: 0.18mg (1.02%), Vitamin B6: 0.02mg (1.02%)