



Red Pepper Rémoulade Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



205 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon capers drained
- ☐ 0.3 cup dill pickle relish
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 green onion minced
- ☐ 1.5 tablespoons horseradish grated prepared
- ☐ 1 tablespoon lemon rind grated
- ☐ 1 cup mayonnaise
- ☐ 0.3 teaspoon pepper

- ☐ 7 ounce roasted bell peppers red drained
- ☐ 0.3 teaspoon salt

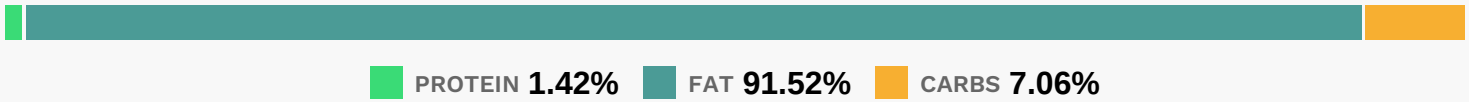
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Process bell peppers and mayonnaise in a blender or food processor until smooth, stopping to scrape down sides.
- ☐ Add parsley and remaining ingredients; process until almost smooth. Chill 30 minutes.
- ☐ Prep: 25 min., Chill: 30 min.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:6.111739202686%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 205.05kcal (10.25%), Fat: 21.1g (32.47%), Saturated Fat: 3.3g (20.62%), Carbohydrates: 3.66g (1.22%), Net Carbohydrates: 2.93g (1.07%), Sugar: 0.47g (0.52%), Cholesterol: 11.76mg (3.92%), Sodium: 714.1mg (31.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.48%), Vitamin K: 79.88µg (76.08%), Vitamin C: 16.1mg (19.51%), Vitamin A: 334.98IU (6.7%), Vitamin E: 0.95mg (6.35%), Manganese: 0.06mg (3.03%), Iron: 0.53mg (2.96%), Fiber: 0.73g (2.93%), Folate: 11.2µg (2.8%), Copper: 0.05mg (2.74%), Vitamin B6: 0.05mg (2.69%), Potassium: 71.66mg (2.05%), Calcium: 19.76mg (1.98%), Magnesium: 7.01mg (1.75%), Phosphorus: 16.69mg (1.67%), Vitamin B2: 0.02mg (1.27%), Selenium: 0.83µg (1.18%), Vitamin B3: 0.23mg (1.14%), Zinc: 0.16mg (1.05%), Vitamin B1: 0.02mg (1.03%)