



Remoulade



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



772 kcal

SIDE DISH

Ingredients

- ☐ 1 anchovy minced
- ☐ 2 tablespoons capers minced
- ☐ 2 tablespoons cornichons sour minced
- ☐ 1 teaspoon dijon mustard
- ☐ 1 garlic clove minced
- ☐ 2 cups mayonnaise
- ☐ 2 tablespoons parsley chopped
- ☐ 1 Dash pepper sauce red

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1 tablespoon tarragon chopped

Equipment

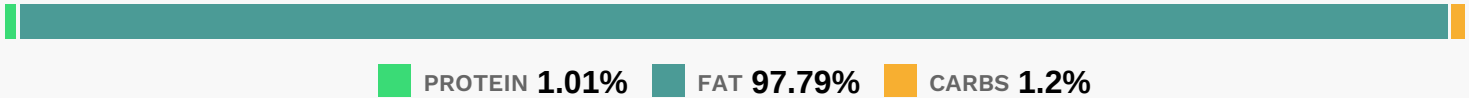
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bowl

Directions

- ☐ Mix together all ingredients in a bowl. Refrigerate before serving.
- ☐ Serve with cold seafood and vegetables.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:0.94, Inflammation Score:-4, Nutrition Score:8.5200000275736%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg

Nutrients (% of daily need)

Calories: 772.41kcal (38.62%), Fat: 84.06g (129.33%), Saturated Fat: 13.17g (82.31%), Carbohydrates: 2.32g (0.77%), Net Carbohydrates: 1.84g (0.67%), Sugar: 0.78g (0.86%), Cholesterol: 47.64mg (15.88%), Sodium: 929.06mg (40.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.91%), Vitamin K: 219.85µg (209.38%), Vitamin E: 3.74mg (24.94%), Manganese: 0.17mg (8.64%), Vitamin A: 335.92IU (6.72%), Iron: 1.09mg (6.03%), Selenium: 3.6µg (5.14%), Vitamin C: 4.04mg (4.9%), Calcium: 36.87mg (3.69%), Folate: 14.63µg (3.66%), Phosphorus: 35.83mg (3.58%), Vitamin B2: 0.06mg (3.36%), Vitamin B6: 0.07mg (3.31%), Copper: 0.06mg (3.13%), Potassium: 98.38mg (2.81%), Magnesium: 11.01mg (2.75%), Vitamin B12: 0.14µg (2.34%), Vitamin B5: 0.22mg (2.19%), Zinc: 0.31mg (2.04%), Fiber: 0.48g (1.93%), Vitamin B3: 0.36mg (1.81%), Vitamin B1: 0.02mg (1.5%), Vitamin D: 0.22µg (1.49%)