



Remoulade



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



8

CALORIES



154 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups canola oil
- ☐ 3 tablespoons capers minced
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 tablespoons cornichons sour minced
- ☐ 1 teaspoon mustard dry
- ☐ 4 large egg yolks
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1 juice of lemon juiced

- ☐ 1 tablespoon catsup
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons parsley leaves chopped
- ☐ 1 tablespoon water

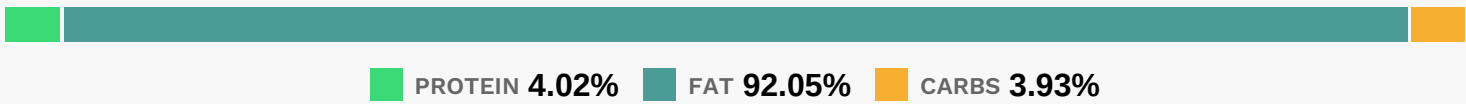
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk

Directions

- ☐ For the remoulade: Chop all the ingredients together and add them to the mayonnaise in the food processor; pulse a few times for them to blend. Refrigerate for 30 minutes before serving,;
- ☐ First make the mayonnaise: In a non-reactive bowl or in a food processor, combine the egg yolks, mustard, lemon juice, and water.
- ☐ Whisk or pulse with the machine to break up the yolks.
- ☐ If you're making the mayonnaise by hand, put the bowl on a damp towel to keep it from moving around while you work. Then drizzle in the oils, whisking constantly, to form an emulsion. If the mayonnaise breaks, stop drizzling and whisk until it comes together again. If you're using the food processor, pour in the oils in a thin stream, with the machine running. Taste and adjust seasoning with salt and pepper and more lemon juice.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:4.1365217527618%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg,

Naringenin: 0.05mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 3.96mg, Kaempferol: 3.96mg, Kaempferol: 3.96mg, Kaempferol: 3.96mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

Nutrients (% of daily need)

Calories: 153.93kcal (7.7%), Fat: 16.06g (24.71%), Saturated Fat: 2.17g (13.59%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 1.28g (0.46%), Sugar: 0.63g (0.7%), Cholesterol: 91.8mg (30.6%), Sodium: 149.68mg (6.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Vitamin K: 28.37µg (27.02%), Vitamin E: 2.55mg (16.99%), Selenium: 5.34µg (7.64%), Vitamin A: 254.49IU (5.09%), Folate: 16.06µg (4.02%), Phosphorus: 37.75mg (3.77%), Vitamin C: 3.09mg (3.74%), Vitamin B2: 0.06mg (3.26%), Vitamin D: 0.46µg (3.06%), Vitamin B12: 0.17µg (2.76%), Vitamin B5: 0.27mg (2.7%), Iron: 0.44mg (2.42%), Vitamin B6: 0.04mg (1.96%), Zinc: 0.24mg (1.6%), Manganese: 0.03mg (1.57%), Calcium: 15.36mg (1.54%), Copper: 0.03mg (1.4%), Vitamin B1: 0.02mg (1.32%), Fiber: 0.26g (1.05%)