



## Rémoulade

 **Gluten Free**  **Dairy Free**

READY IN



**20 min.**

SERVINGS



**5**

CALORIES



**106 kcal**

SIDE DISH

## Ingredients

- 2 teaspoons capers finely chopped
- 1 tablespoon dijon mustard
- 2 large egg yolk
- 1.5 teaspoons tarragon fresh finely chopped
- 1 teaspoon hot sauce such as tabasco or crystal hot sauce louisiana-style
- 0.3 teaspoon kosher salt as needed plus more
- 1 tablespoon juice of lemon freshly squeezed
- 1 teaspoon parsley fresh italian finely chopped

- 2 teaspoons bell pepper red finely chopped
- 2 teaspoons shallots finely chopped
- 1 cup vegetable oil
- 0.1 teaspoon pepper white as needed freshly ground plus more
- 1 teaspoon worcestershire sauce

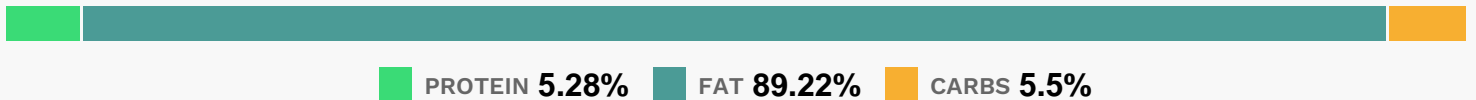
## Equipment

- bowl
- whisk

## Directions

- Whisk the egg yolks and Dijon in a medium bowl until evenly blended. Continue whisking and slowly add the oil by pouring it down the side of the bowl in a thin stream. Once all of the oil has been added, whisk in the lemon juice, hot sauce, Worcestershire, and measured salt and pepper until evenly combined.
- Mix in the remaining ingredients until evenly combined. Taste and season with additional salt and pepper as needed. If not using immediately, refrigerate the rémoulade in an airtight container for up to 4 days.

## Nutrition Facts



## Properties

Glycemic Index:39.2, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:3.2786956507227%

## Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

## Nutrients (% of daily need)

Calories: 105.68kcal (5.28%), Fat: 10.69g (16.45%), Saturated Fat: 2g (12.52%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 1.19g (0.43%), Sugar: 0.44g (0.48%), Cholesterol: 73.44mg (24.48%), Sodium: 212.02mg (9.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.85%), Vitamin K: 16.79µg (15.99%), Selenium: 4.89µg (6.98%), Vitamin E: 0.94mg (6.3%), Vitamin C: 4.89mg (5.92%), Vitamin A: 192.36IU (3.85%), Manganese: 0.07mg (3.62%), Folate: 13.92µg (3.48%), Phosphorus: 33.86mg (3.39%), Vitamin B2: 0.05mg (3.04%), Iron: 0.54mg (3%), Vitamin B6: 0.05mg (2.59%), Vitamin D: 0.37µg (2.45%), Vitamin B5: 0.23mg (2.26%), Vitamin B12: 0.13µg (2.21%), Calcium: 20.01mg (2%), Vitamin B1: 0.02mg (1.51%), Potassium: 51.2mg (1.46%), Zinc: 0.22mg (1.44%), Magnesium: 4.96mg (1.24%), Fiber: 0.29g (1.16%)