



## Rémoulade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



95 kcal

SIDE DISH

## Ingredients

- ☐ 2 teaspoons cornichons chopped
- ☐ 1 teaspoon chives fresh chopped
- ☐ 1 teaspoon flat-leaf parsley fresh chopped
- ☐ 0.8 cup mayonnaise
- ☐ 2 teaspoons onion finely chopped

## Equipment

- ☐ bowl

# Directions

☐ Combine all ingredients in a medium bowl, and stir well.

# Nutrition Facts

PROTEIN 0.6%  FAT 98.84%  CARBS 0.56%

# Properties

Glycemic Index:12.83, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.2595651991179%

# Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

# Nutrients (% of daily need)

Calories: 95.45kcal (4.77%), Fat: 10.47g (16.11%), Saturated Fat: 1.64g (10.24%), Carbohydrates: 0.13g (0.04%), Net Carbohydrates: 0.12g (0.04%), Sugar: 0.1g (0.12%), Cholesterol: 5.88mg (1.96%), Sodium: 98.84mg (4.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.29%), Vitamin K: 23.52µg (22.4%), Vitamin E: 0.46mg (3.07%)