



Rémoulade Dressing

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



5

CALORIES



321 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup green onions sliced
- ☐ 0.5 teaspoon ground pepper red
- ☐ 2 teaspoons juice of lemon
- ☐ 2 teaspoons lemon zest
- ☐ 1 cup mayonnaise
- ☐ 0.3 cup milk

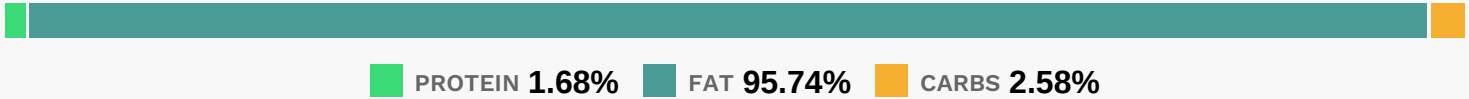
Equipment

whisk

Directions

Whisk together all ingredients. Cover and chill 30 minutes before serving. Store in an airtight container in refrigerator up to 3 days.

Nutrition Facts



Properties

Glycemic Index:36.8, Glycemic Load:0.53, Inflammation Score:-2, Nutrition Score:5.8552175060562%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 321.11kcal (16.06%), Fat: 34.28g (52.75%), Saturated Fat: 5.57g (34.8%), Carbohydrates: 2.08g (0.69%), Net Carbohydrates: 1.55g (0.56%), Sugar: 1.34g (1.49%), Cholesterol: 20.77mg (6.92%), Sodium: 357.59mg (15.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.71%), Vitamin K: 83.67µg (79.69%), Vitamin E: 1.59mg (10.6%), Selenium: 3.43µg (4.91%), Vitamin A: 193.32IU (3.87%), Vitamin C: 2.92mg (3.54%), Phosphorus: 35.01mg (3.5%), Calcium: 32.46mg (3.25%), Vitamin B2: 0.04mg (2.45%), Vitamin B12: 0.14µg (2.36%), Fiber: 0.53g (2.13%), Manganese: 0.04mg (2.05%), Vitamin B1: 0.03mg (1.95%), Potassium: 63.53mg (1.82%), Vitamin D: 0.27µg (1.79%), Magnesium: 6.82mg (1.71%), Vitamin B5: 0.16mg (1.65%), Folate: 6.58µg (1.64%), Iron: 0.29mg (1.59%), Vitamin B6: 0.03mg (1.39%), Zinc: 0.2mg (1.33%)