

SAUCES & DIPS

Remoulade Sauce

24 September 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
10 min	10 min	5	\$0.60	217 kcal

Remoulade Sauce requires roughly 10 minutes from start to finish. This recipe makes 5 servings with 217 calories, 0g of protein, and 18g of fat each. For 60 cents per serving, this recipe covers 1% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 1 cup aioli, store-bought
- ☐ 2 tablespoons fresh lemon juice
- ☐ 1 scallion, green and white parts, chopped
- ☐ 5 servings Hot sauce, to taste
- ☐ 1 pinch Pinch salt and freshly ground black pepper
- ☐ 3 tablespoons whole-grain Dijon mustard

EQUIPMENT Food processor

Method

- 1 Pulse all of the ingredients in a food processor until smooth.
- 2 Pour into a covered container and refrigerate until ready to use.

Nutrition per serving

217

KCAL

0 g

PROTEIN

18 g

FAT

7 g

CARBS

Saturated Fat

3 g · 19% of daily needs

Fibre

0.5 g · 2% of daily needs

Sugar

0.3 g · 0% of daily needs

Sodium

520 mg · 23% of daily needs

Cholesterol

14.9 mg · 5% of daily needs

Vitamin C

2.9 mg · 4% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/remoulade-sauce-145025