



Remoulade Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



323 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon anchovy paste
- ☐ 1 tablespoon capers drained
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 1 tablespoon parsley fresh minced
- ☐ 2 cloves garlic crushed
- ☐ 2 hardboiled eggs finely chopped
- ☐ 2 cups mayonnaise
- ☐ 0.5 teaspoon tarragon dried

Equipment

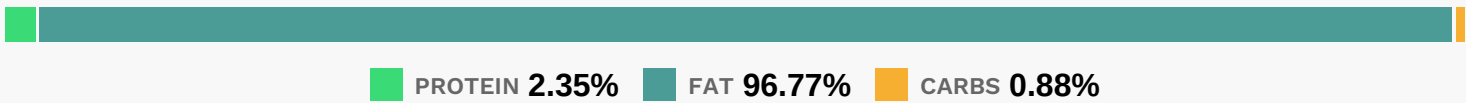
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mixing bowl

Directions

- ☐ Combine all ingredients in a mixing bowl; stir well. Cover and refrigerate at least 3 hours.
- ☐ Serve sauce cold with poached fish or with chilled boiled shrimp.

Nutrition Facts



Properties

Glycemic Index:18.2, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:5.3891303072805%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 322.8kcal (16.14%), Fat: 34.66g (53.32%), Saturated Fat: 5.58g (34.89%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.64g (0.23%), Sugar: 0.39g (0.43%), Cholesterol: 56.37mg (18.79%), Sodium: 330.44mg (14.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.79%), Vitamin K: 79.86µg (76.06%), Vitamin E: 1.6mg (10.65%), Selenium: 4.62µg (6.6%), Vitamin B2: 0.06mg (3.8%), Phosphorus: 29.74mg (2.97%), Vitamin B12: 0.17µg (2.79%), Vitamin A: 120.32IU (2.41%), Vitamin B5: 0.23mg (2.26%), Vitamin D: 0.31µg (2.1%), Folate: 7.93µg (1.98%), Iron: 0.32mg (1.76%), Manganese: 0.03mg (1.39%), Zinc: 0.2mg (1.36%), Vitamin B6: 0.03mg (1.35%), Calcium: 12.64mg (1.26%)