



Rémoulade Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



624 kcal

SAUCE

Ingredients

- ☐ 0.5 cup dijon mustard
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 large garlic clove pressed
- ☐ 1.5 teaspoons ground pepper red
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 cups mayonnaise
- ☐ 1.5 tablespoons paprika

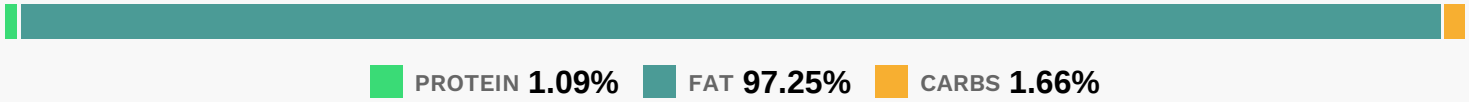
Equipment

whisk

Directions

Whisk together all ingredients until blended. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:19.1, Glycemic Load:0.48, Inflammation Score:-6, Nutrition Score:8.6708694800087%

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: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 623.78kcal (31.19%), Fat: 67.65g (104.08%), Saturated Fat: 10.55g (65.94%), Carbohydrates: 2.61g (0.87%), Net Carbohydrates: 1.54g (0.56%), Sugar: 0.93g (1.03%), Cholesterol: 37.63mg (12.54%), Sodium: 707.79mg (30.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.41%), Vitamin K: 171.94µg (163.75%), Vitamin E: 3.39mg (22.63%), Vitamin A: 835.72IU (16.71%), Selenium: 6.56µg (9.37%), Manganese: 0.1mg (5.19%), Vitamin C: 3.82mg (4.63%), Fiber: 1.07g (4.27%), Iron: 0.75mg (4.15%), Phosphorus: 39.38mg (3.94%), Vitamin B6: 0.06mg (3.16%), Vitamin B1: 0.04mg (2.76%), Magnesium: 10.43mg (2.61%), Vitamin B2: 0.04mg (2.6%), Potassium: 82.79mg (2.37%), Vitamin B5: 0.23mg (2.35%), Folate: 9.1µg (2.27%), Calcium: 22.28mg (2.23%), Copper: 0.04mg (2.06%), Zinc: 0.3mg (1.99%), Vitamin B12: 0.11µg (1.79%), Vitamin D: 0.18µg (1.19%), Vitamin B3: 0.23mg (1.16%)