



Rémoulade Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



181 kcal

SAUCE

Ingredients

- ☐ 3 rib celery chopped
- ☐ 0.3 cup dijon mustard
- ☐ 0.5 cup egg substitute
- ☐ 6 garlic cloves peeled
- ☐ 6 green onions sliced
- ☐ 1 teaspoon ground pepper red
- ☐ 0.3 cup horseradish prepared
- ☐ 1 tablespoon hot sauce to taste (or)

- ☐ 0.3 cup catsup
- ☐ 5 servings kosher salt and pepper black to taste
- ☐ 2 tablespoons mild paprika
- ☐ 1.5 cups vegetable oil
- ☐ 0.3 cup vinegar white
- ☐ 2 tablespoons worcestershire sauce
- ☐ 0.3 cup mustard yellow

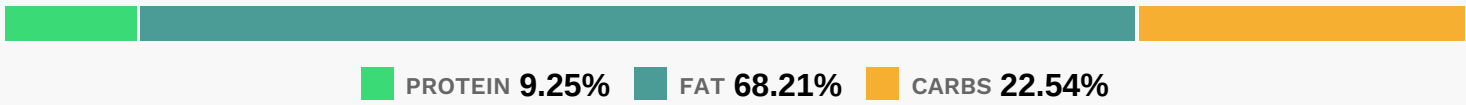
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Process first 12 ingredients in a blender or food processor until smooth. With blender running, pour oil in a slow, steady stream until thickened. Stir in green onions, salt, and black pepper; cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:61.4, Glycemic Load:1.06, Inflammation Score:-6, Nutrition Score:10.185652209365%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 181.09kcal (9.05%), Fat: 14.15g (21.77%), Saturated Fat: 2.09g (13.09%), Carbohydrates: 10.52g (3.51%), Net Carbohydrates: 8.36g (3.04%), Sugar: 5.65g (6.27%), Cholesterol: 0mg (0%), Sodium: 835.81mg (36.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.64%), Vitamin K: 55.67µg (53.02%), Selenium: 19.56µg (27.94%), Vitamin C: 15.44mg (18.72%), Vitamin E: 1.99mg (13.24%), Manganese: 0.24mg (11.97%), Vitamin A: 572.56IU (11.45%),

Vitamin B2: 0.17mg (9.74%), Iron: 1.67mg (9.27%), Fiber: 2.16g (8.63%), Potassium: 281.88mg (8.05%), Vitamin B6: 0.16mg (7.77%), Phosphorus: 69.18mg (6.92%), Calcium: 68.33mg (6.83%), Vitamin B1: 0.1mg (6.83%), Magnesium: 26.44mg (6.61%), Folate: 25.88µg (6.47%), Vitamin B5: 0.54mg (5.38%), Zinc: 0.65mg (4.34%), Copper: 0.08mg (4.07%), Vitamin B3: 0.62mg (3.1%), Vitamin D: 0.38µg (2.56%), Vitamin B12: 0.08µg (1.36%)