



Remoulade Sauce

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



26 kcal

SAUCE

Ingredients

- ☐ 0.1 teaspoon cayenne pepper to taste
- ☐ 0.3 cup rib celery with leaves finely chopped
- ☐ 0.5 cup dijon mustard (for testing purposes, we used Zatarain's Creole Mustard)
- ☐ 1.5 teaspoons parsley fresh finely chopped
- ☐ 1 teaspoon garlic clove finely chopped
- ☐ 1 tablespoon green onion top finely chopped
- ☐ 0.1 teaspoon ground pepper black finely
- ☐ 0.3 teaspoon ground pepper white

- ☐ 2 teaspoons horseradish prepared
- ☐ 15 servings hot sauce (Crystal, Louisiana, or Tabasco brand)
- ☐ 2 tablespoons catsup
- ☐ 1 teaspoon juice of lemon freshly squeezed
- ☐ 2 tablespoons olive oil
- ☐ 1.5 teaspoons paprika
- ☐ 15 servings salt to taste
- ☐ 1 teaspoon worcestershire sauce
- ☐ 1 tablespoon onion white yellow grated

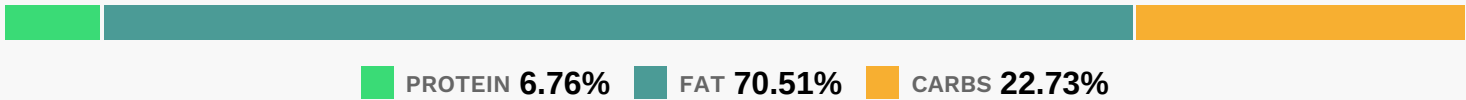
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Stir together first 10 ingredients in a bowl. Taste and add salt as needed.
- ☐ While whisking mixture, add olive oil in a slow stream.
- ☐ Add celery and next 3 ingredients; stir well.
- ☐ Add a few drops of hot sauce if spicier flavor is desired. Sauce should be spicy and tangy. Cover and refrigerate up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:19.93, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.3795652208121%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin:

0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 26.3kcal (1.32%), Fat: 2.19g (3.38%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 1.59g (0.53%), Net Carbohydrates: 1.03g (0.37%), Sugar: 0.76g (0.85%), Cholesterol: 0mg (0%), Sodium: 317.34mg (13.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.95%), Selenium: 2.92µg (4.18%), Vitamin K: 3.68µg (3.5%), Vitamin A: 144.76IU (2.9%), Vitamin E: 0.4mg (2.7%), Manganese: 0.05mg (2.7%), Fiber: 0.56g (2.25%), Magnesium: 5.58mg (1.4%), Iron: 0.25mg (1.36%), Vitamin B1: 0.02mg (1.26%), Phosphorus: 12.33mg (1.23%), Potassium: 41.78mg (1.19%), Vitamin C: 0.88mg (1.07%), Vitamin B6: 0.02mg (1.05%)