



Remoulade Sauce



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



6

CALORIES



330 kcal

SAUCE

Ingredients

- ☐ 1 teaspoons creole seasoning
- ☐ 1 large clove garlic minced smashed
- ☐ 2 teaspoons horseradish prepared
- ☐ 1 teaspoon hot sauce (preferably Tabasco)
- ☐ 1.3 cups mayonnaise
- ☐ 0.3 cup mustard (Creole mustard if possible)
- ☐ 1 Tbsp paprika sweet
- ☐ 1 teaspoon juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer) sweet (dill or , your preference)

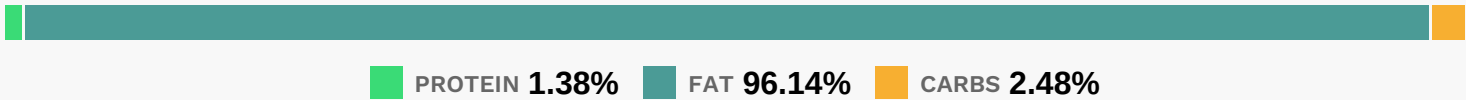
Equipment

☐ bowl

Directions

☐ Mix all the ingredients together in a medium bowl. The remoulade is better if left for a few hours to let the flavors meld. Keep refrigerated.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:0.32, Inflammation Score:-5, Nutrition Score:6.3130434466445%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 329.86kcal (16.49%), Fat: 35.48g (54.59%), Saturated Fat: 5.52g (34.53%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.71g (0.79%), Cholesterol: 19.6mg (6.53%), Sodium: 448.38mg (19.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Vitamin K: 77.47µg (73.78%), Vitamin A: 752.19IU (15.04%), Vitamin E: 2.01mg (13.38%), Selenium: 4.82µg (6.89%), Manganese: 0.08mg (4.13%), Fiber: 1.01g (4.05%), Iron: 0.55mg (3.08%), Phosphorus: 27mg (2.7%), Vitamin B6: 0.05mg (2.63%), Magnesium: 8.64mg (2.16%), Vitamin B1: 0.03mg (2.04%), Vitamin B2: 0.03mg (2.04%), Potassium: 65.27mg (1.86%), Vitamin C: 1.38mg (1.67%), Calcium: 15.33mg (1.53%), Vitamin B5: 0.15mg (1.46%), Zinc: 0.22mg (1.44%), Copper: 0.03mg (1.44%), Folate: 4.99µg (1.25%), Vitamin B3: 0.22mg (1.08%)