



## Remoulade Sauce a la New Orleans

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



20 min.

SERVINGS



6

CALORIES



320 kcal

SAUCE

### Ingredients

- 2 tablespoons celery minced
- 0.5 teaspoon chili powder
- 0.3 cup chili sauce
- 2 tablespoons dijon mustard
- 2 tablespoons parsley fresh chopped
- 1 clove garlic minced
- 2 tablespoons olives green chopped
- 0.5 teaspoon ground pepper black

- 1 tablespoon hot sauce louisiana-style to taste
- 2 tablespoons juice of lemon fresh
- 1 cup mayonnaise
- 2 tablespoons olive oil extra-virgin
- 1 teaspoon salt to taste
- 4 medium scallions chopped
- 1 teaspoon worcestershire sauce

## Equipment

## Directions

- Mix together mayonnaise, chili sauce, mustard, olive oil, hot sauce, lemon juice, and Worcestershire sauce. Stir in scallions, parsley, olives, celery, capers, and garlic. Season with chili powder, and salt and pepper. Cover, and refrigerate.

## Nutrition Facts

**PROTEIN 1.51%** **FAT 92.72%** **CARBS 5.77%**

## Properties

Glycemic Index:40, Glycemic Load:0.37, Inflammation Score:-4, Nutrition Score:7.8339130463807%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.95mg, Apigenin: 2.95mg, Apigenin: 2.95mg, Apigenin: 2.95mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

## Nutrients (% of daily need)

Calories: 320.3kcal (16.01%), Fat: 33.29g (51.21%), Saturated Fat: 5.1g (31.87%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 3.61g (1.31%), Sugar: 2.36g (2.62%), Cholesterol: 15.68mg (5.23%), Sodium: 951.41mg (41.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.45%), Vitamin K: 108.23µg (103.08%), Vitamin E: 2.38mg (15.89%), Vitamin C: 9.42mg (11.42%), Vitamin A: 394.61IU (7.89%), Fiber: 1.05g (4.22%), Selenium: 2.9µg (4.15%), Manganese: 0.08mg (3.97%), Iron: 0.65mg (3.6%), Potassium: 123.96mg (3.54%), Folate: 14.01µg (3.5%),

Phosphorus: 27.14mg (2.71%), Vitamin B6: 0.05mg (2.53%), Copper: 0.05mg (2.45%), Calcium: 23.93mg (2.39%),  
Vitamin B1: 0.04mg (2.36%), Magnesium: 8.6mg (2.15%), Vitamin B2: 0.04mg (2.09%), Vitamin B3: 0.34mg (1.68%),  
Zinc: 0.19mg (1.24%), Vitamin B5: 0.11mg (1.15%)