



Sauce Gribiche

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

READY IN



10 min.

SERVINGS



10

CALORIES



94 kcal

SAUCE

Ingredients

- 2 tablespoons chives minced
- 0.3 cup cornichons diced finely
- 3 large pasteurized egg yolks
- 1 clove garlic minced
- 1 hard-cooked egg diced finely
- 1 teaspoon juice of lemon fresh
- 2 tablespoons parsley minced
- 2 tablespoons red wine vinegar

- 10 servings salt and pepper freshly ground
- 1 medium shallots minced
- 1 tablespoon tarragon minced
- 0.3 cup vegetable oil blended with 1/3 cup extra-virgin olive oil

Equipment

- food processor
- bowl

Directions

- In a food processor, combine the egg yolks with the garlic and lemon juice. With the machine on, gradually add the blended oils until a thick mayonnaise forms. Scrape the mayonnaise into a bowl and stir in the remaining ingredients; season the sauce with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:20.7, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:3.4639130338379%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 93.71kcal (4.69%), Fat: 9.16g (14.09%), Saturated Fat: 1.66g (10.39%), Carbohydrates: 1.32g (0.44%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.36g (0.4%), Cholesterol: 73.73mg (24.58%), Sodium: 250.89mg (10.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.48%), Vitamin K: 20.63µg (19.65%), Vitamin E: 1.23mg (8.22%), Selenium: 4.51µg (6.44%), Vitamin A: 230.01IU (4.6%), Manganese: 0.08mg (3.9%), Vitamin B2: 0.06mg (3.81%), Folate: 14.41µg (3.6%), Phosphorus: 34.27mg (3.43%), Iron: 0.59mg (3.28%), Vitamin C: 2.3mg (2.79%),

Vitamin B6: 0.06mg (2.76%), Vitamin B12: 0.15µg (2.58%), Vitamin D: 0.39µg (2.57%), Vitamin B5: 0.24mg (2.39%), Calcium: 20.58mg (2.06%), Zinc: 0.22mg (1.5%), Potassium: 51.45mg (1.47%), Magnesium: 4.75mg (1.19%), Vitamin B1: 0.02mg (1.16%)