



Sauce Rémoulade



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



210 kcal

SAUCE

Ingredients

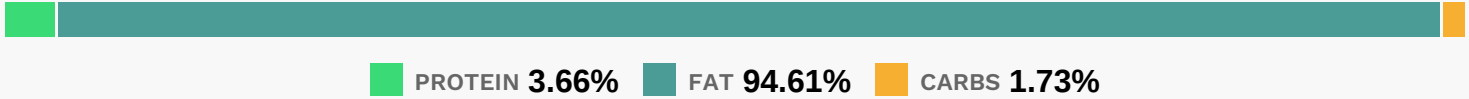
- ☐ 1 tablespoon capers
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 1 eggs finely chopped
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1 teaspoon tarragon fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup mayonnaise

Equipment

Directions

☐ Combine all ingredients; mix thoroughly. Chill sauce 2 to 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:4.0778261384238%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 210.46kcal (10.52%), Fat: 22.14g (34.06%), Saturated Fat: 3.64g (22.75%), Carbohydrates: 0.91g (0.3%), Net Carbohydrates: 0.76g (0.28%), Sugar: 0.23g (0.26%), Cholesterol: 52.68mg (17.56%), Sodium: 249.28mg (10.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin K: 46.6µg (44.38%), Vitamin E: 1.07mg (7.1%), Selenium: 4.69µg (6.71%), Vitamin B2: 0.07mg (3.92%), Phosphorus: 32.66mg (3.27%), Manganese: 0.07mg (3.26%), Iron: 0.48mg (2.69%), Vitamin B5: 0.22mg (2.24%), Folate: 8.87µg (2.22%), Vitamin B6: 0.04mg (2.19%), Vitamin B12: 0.13µg (2.19%), Vitamin A: 103.61IU (2.07%), Vitamin D: 0.28µg (1.84%), Calcium: 16.95mg (1.7%), Zinc: 0.23mg (1.56%), Copper: 0.03mg (1.4%), Magnesium: 5.12mg (1.28%), Potassium: 41.67mg (1.19%)