



Simple Creole Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN

ready

5 min.

SERVINGS

servings

5

CALORIES

calories

463 kcal

SAUCE

Ingredients



3 tablespoons dijon mustard



1 green onion finely chopped



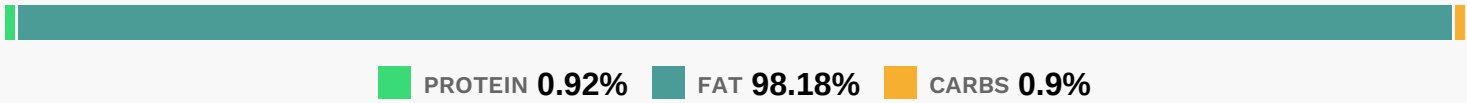
1.5 cups mayonnaise

Equipment

Directions

Stir together 1 1/2 cups mayonnaise, 3 tablespoons Creole mustard, and 1 finely chopped green onion.

Nutrition Facts



Properties

Glycemic Index:22.8, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:6.379130417886%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 463.22kcal (23.16%), Fat: 50.57g (77.81%), Saturated Fat: 7.89g (49.29%), Carbohydrates: 1.04g (0.35%), Net Carbohydrates: 0.59g (0.21%), Sugar: 0.57g (0.63%), Cholesterol: 28.22mg (9.41%), Sodium: 526.1mg (22.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.14%), Vitamin K: 114.64µg (109.18%), Vitamin E: 2.25mg (14.99%), Selenium: 4.62µg (6.6%), Phosphorus: 24.72mg (2.47%), Manganese: 0.05mg (2.3%), Fiber: 0.45g (1.8%), Iron: 0.32mg (1.78%), Vitamin B1: 0.03mg (1.67%), Vitamin A: 74IU (1.48%), Vitamin B5: 0.14mg (1.44%), Folate: 5.53µg (1.38%), Magnesium: 5.47mg (1.37%), Vitamin B12: 0.08µg (1.34%), Calcium: 12.77mg (1.28%), Vitamin B2: 0.02mg (1.21%), Zinc: 0.17mg (1.12%), Copper: 0.02mg (1.07%)