



South Texas Style Tartar Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



391 kcal

SAUCE

Ingredients

- 2 tablespoons dill pickles finely chopped
- 1 tablespoon parsley fresh minced
- 1 cup mayonnaise
- 2 tablespoons onion finely chopped
- 5 pimiento stuffed olives green minced drained

Equipment

- bowl

Directions

- Once you have chopped the onion, dill pickle, olives and parsley, pile them all together and continue to mince until blended. Spoon mayonnaise into a serving bowl, and stir in the minced mixture. Cover and refrigerate until ready to serve.

Nutrition Facts

PROTEIN 0.72% FAT 98.06% CARBS 1.22%

Properties

Glycemic Index:27.25, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:6.0056521737057%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 391.3kcal (19.56%), Fat: 42.7g (65.69%), Saturated Fat: 6.66g (41.64%), Carbohydrates: 1.19g (0.4%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.66g (0.73%), Cholesterol: 23.52mg (7.84%), Sodium: 494.1mg (21.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Vitamin K: 109.01µg (103.82%), Vitamin E: 2.04mg (13.63%), Vitamin A: 153.92IU (3.08%), Vitamin C: 1.86mg (2.25%), Selenium: 1.36µg (1.94%), Phosphorus: 15.17mg (1.52%), Folate: 6.01µg (1.5%), Fiber: 0.36g (1.43%), Calcium: 13.6mg (1.36%), Iron: 0.23mg (1.29%), Vitamin B12: 0.07µg (1.12%), Vitamin B5: 0.11mg (1.11%), Copper: 0.02mg (1.1%), Vitamin B2: 0.02mg (1.03%)