


South Texas Tartar Sauce


 Dairy Free

READY IN




60 min.

SERVINGS



3

CALORIES



794 kcal

SAUCE

Ingredients

- 25 round buttery crackers crushed
- 1 pinch curry powder
- 1 clove garlic
- 2 tablespoons jalapeno
- 1 cup mayonnaise
- 1 medium onion chopped
- 1 cup pickle relish sweet green
- 0.3 cup pimiento stuffed olives green

5 saltines crushed

Equipment

food processor

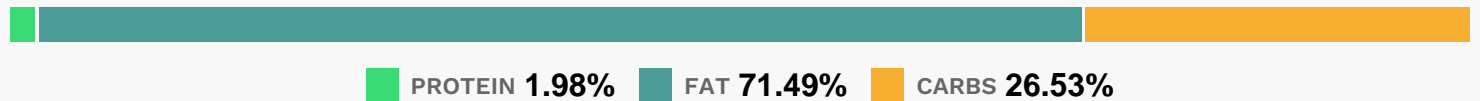
bowl

Directions

Place the onion, olives, garlic and jalapenos into the container of a food processor. Pulse until finely chopped. In a bowl, stir together the mayonnaise, relish, buttery round crackers and saltine crackers.

Mix in the contents of the food processor and season with curry powder. Chill overnight before serving with seafood or vegetables.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:1.18, Inflammation Score:-8, Nutrition Score:13.613478168197%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg

Nutrients (% of daily need)

Calories: 794.25kcal (39.71%), Fat: 64.31g (98.95%), Saturated Fat: 10.49g (65.54%), Carbohydrates: 53.7g (17.9%), Net Carbohydrates: 50.68g (18.43%), Sugar: 28.34g (31.49%), Cholesterol: 31.36mg (10.45%), Sodium: 1581.61mg (68.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.03%), Vitamin K: 206.42µg (196.59%), Vitamin E: 4.72mg (31.47%), Vitamin A: 1199.41IU (23.99%), Vitamin C: 15.74mg (19.08%), Manganese: 0.28mg (14.12%), Iron: 2.54mg (14.09%), Fiber: 3.02g (12.08%), Vitamin B1: 0.18mg (11.94%), Phosphorus: 116.84mg (11.68%), Folate: 39.8µg (9.95%), Vitamin B3: 1.95mg (9.74%), Vitamin B2: 0.15mg (8.91%), Copper: 0.16mg (7.98%), Vitamin B6: 0.14mg (7.16%), Calcium: 66.76mg (6.68%), Selenium: 3.91µg (5.58%), Potassium: 164.91mg (4.71%), Magnesium: 18.23mg (4.56%), Zinc: 0.52mg (3.46%), Vitamin B5: 0.34mg (3.36%), Vitamin B12: 0.09µg (1.57%)