



Spicy Rémoulade



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



388 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons capers chopped
- ☐ 1 tablespoon dijon mustard coarse-grained
- ☐ 0.5 teaspoon creole seasoning
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest
- ☐ 0.5 cup mayonnaise

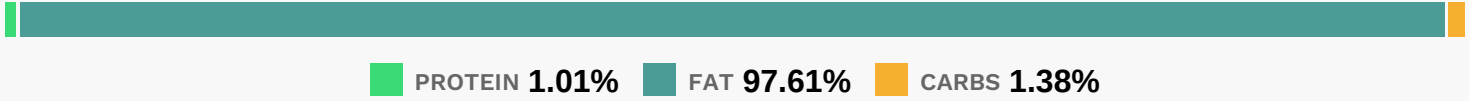
Equipment

- ☐ bowl

Directions

☐ Combine all ingredients in a bowl.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:6.0108695237533%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 388.21kcal (19.41%), Fat: 42.25g (65%), Saturated Fat: 6.59g (41.21%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.57g (0.63%), Cholesterol: 23.52mg (7.84%), Sodium: 493.68mg (21.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Vitamin K: 92.29µg (87.89%), Vitamin E: 2.03mg (13.57%), Selenium: 3.91µg (5.59%), Vitamin A: 252.93IU (5.06%), Vitamin C: 2.11mg (2.56%), Manganese: 0.05mg (2.35%), Fiber: 0.58g (2.33%), Phosphorus: 21.78mg (2.18%), Iron: 0.32mg (1.75%), Vitamin B1: 0.02mg (1.51%), Magnesium: 5.8mg (1.45%), Vitamin B2: 0.02mg (1.4%), Copper: 0.03mg (1.32%), Vitamin B5: 0.12mg (1.24%), Folate: 4.88µg (1.22%), Vitamin B6: 0.02mg (1.22%), Calcium: 11.56mg (1.16%), Vitamin B12: 0.07µg (1.12%), Potassium: 36.69mg (1.05%), Zinc: 0.15mg (1.02%)