



Spicy Rémolade



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



311 kcal

SIDE DISH

Ingredients

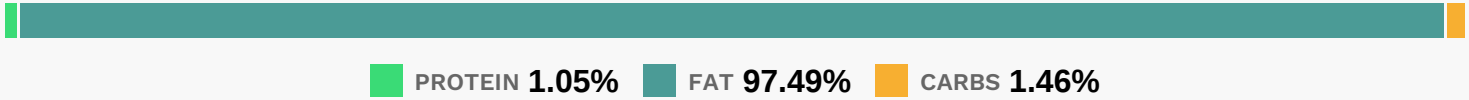
- ☐ 0.3 cup dijon mustard
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic clove pressed
- ☐ 0.8 teaspoon ground pepper red
- ☐ 2 teaspoons hungarian paprika sweet
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 cups mayonnaise

Equipment

Directions

- ☐ Stir together all ingredients until blended. Cover and chill until ready to serve.
- ☐ Note: For testing purposes only, we used Zatarain's Creole Mustard.

Nutrition Facts



Properties

Glycemic Index:19.1, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:5.6086955381476%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 311.11kcal (15.56%), Fat: 33.81g (52.01%), Saturated Fat: 5.27g (32.95%), Carbohydrates: 1.14g (0.38%), Net Carbohydrates: 0.65g (0.24%), Sugar: 0.45g (0.5%), Cholesterol: 18.82mg (6.27%), Sodium: 353.79mg (15.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.63%), Vitamin K: 86.68µg (82.56%), Vitamin E: 1.66mg (11.07%), Vitamin A: 360.48IU (7.21%), Selenium: 3.23µg (4.61%), Vitamin C: 1.88mg (2.28%), Manganese: 0.04mg (2.25%), Fiber: 0.49g (1.94%), Iron: 0.35mg (1.92%), Phosphorus: 18.87mg (1.89%), Vitamin B1: 0.02mg (1.31%), Vitamin B6: 0.03mg (1.26%), Magnesium: 4.94mg (1.24%), Vitamin B2: 0.02mg (1.19%), Folate: 4.56µg (1.14%), Vitamin B5: 0.11mg (1.13%), Potassium: 37.62mg (1.07%), Calcium: 10.38mg (1.04%)