



Spicy Tartar Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



185 min.

SERVINGS



5

CALORIES



320 kcal

SAUCE

Ingredients

- 0.5 tsp pepper red crushed
- 0.5 tsp mustard dry
- 1 cup real mayo mayonnaise kraft
- 2 Tbsp onions fresh minced
- 3 Tbsp claussen pickle relish sweet

Equipment

Directions

- Mix all ingredients until well blended; cover.
- Refrigerate several hours or overnight.
- Store leftover sauce in refrigerator.

Nutrition Facts

PROTEIN 0.73% **FAT 94.36%** **CARBS 4.91%**

Properties

Glycemic Index:15.4, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:4.7056521138419%

Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 319.52kcal (15.98%), Fat: 33.66g (51.78%), Saturated Fat: 5.26g (32.86%), Carbohydrates: 3.94g (1.31%), Net Carbohydrates: 3.68g (1.34%), Sugar: 3.07g (3.41%), Cholesterol: 18.82mg (6.27%), Sodium: 360.94mg (15.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.17%), Vitamin K: 80.8µg (76.96%), Vitamin E: 1.61mg (10.73%), Vitamin A: 198.18IU (3.96%), Selenium: 1.51µg (2.15%), Phosphorus: 14.08mg (1.41%), Iron: 0.23mg (1.3%), Copper: 0.02mg (1.05%), Fiber: 0.26g (1.04%)