



Sriracha Rémoulade



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



289 kcal

SIDE DISH

Ingredients

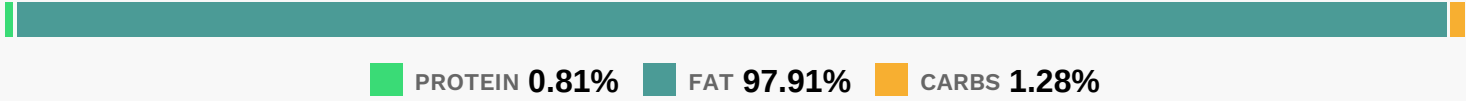
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic clove pressed
- ☐ 4 green onions sliced
- ☐ 1.5 cups mayonnaise
- ☐ 2 Tbsp asian sriracha chili sauce hot

Equipment

Directions

☐ Stir together mayonnaise, green onions, parsley, hot chili sauce, and garlic.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:5.6152175185473%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 288.8kcal (14.44%), Fat: 31.45g (48.38%), Saturated Fat: 4.92g (30.75%), Carbohydrates: 0.92g (0.31%), Net Carbohydrates: 0.72g (0.26%), Sugar: 0.43g (0.48%), Cholesterol: 17.64mg (5.88%), Sodium: 354.18mg (15.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.17%), Vitamin K: 97.36µg (92.73%), Vitamin E: 1.42mg (9.48%), Vitamin C: 5.01mg (6.07%), Vitamin A: 176.66IU (3.53%), Folate: 7.67µg (1.92%), Selenium: 1.06µg (1.51%), Iron: 0.26mg (1.45%), Phosphorus: 12.55mg (1.26%), Manganese: 0.02mg (1.1%), Potassium: 36.68mg (1.05%)