



Tarragon Tartar Sauce

 Vegetarian  Dairy Free

READY IN



260 min.

SERVINGS



5

CALORIES



361 kcal

SAUCE

Ingredients

- 0.3 cup bread minced
- 2 tablespoons capers
- 2 tablespoons dijon mustard
- 0.5 teaspoon tarragon dried crumbled
- 2 tablespoons parsley fresh minced
- 1 hardboiled eggs
- 1 teaspoon juice of lemon fresh
- 1 cup mayonnaise

2 tablespoons shallots minced

Equipment

Nutrition Facts

PROTEIN 3.85% **FAT 87.97%** **CARBS 8.18%**

Properties

Glycemic Index:54.53, Glycemic Load:3.4, Inflammation Score:-3, Nutrition Score:8.6986956521739%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 4.23mg, Kaempferol: 4.23mg, Kaempferol: 4.23mg, Kaempferol: 4.23mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 361.21kcal (18.06%), Fat: 35.37g (54.42%), Saturated Fat: 5.68g (35.5%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 6.37g (2.32%), Sugar: 1.5g (1.66%), Cholesterol: 56.12mg (18.71%), Sodium: 508.95mg (22.13%), Protein: 3.48g (6.96%), Vitamin K: 100.78µg (95.98%), Selenium: 9.66µg (13.79%), Vitamin E: 1.66mg (11.06%), Manganese: 0.2mg (10.23%), Vitamin B2: 0.1mg (6.07%), Folate: 22.39µg (5.6%), Iron: 1mg (5.56%), Phosphorus: 52.7mg (5.27%), Vitamin B1: 0.08mg (5.08%), Vitamin A: 233.44IU (4.67%), Fiber: 1.03g (4.13%), Vitamin B3: 0.77mg (3.85%), Vitamin C: 3.12mg (3.78%), Vitamin B5: 0.35mg (3.52%), Calcium: 34.46mg (3.45%), Magnesium: 12.63mg (3.16%), Vitamin B12: 0.16µg (2.75%), Vitamin B6: 0.05mg (2.71%), Zinc: 0.39mg (2.57%), Copper: 0.05mg (2.56%), Potassium: 77.81mg (2.22%), Vitamin D: 0.31µg (2.06%)