



Tartar Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



64

CALORIES



9 kcal

SAUCE

Ingredients




- 1 tablespoon capers
- 1 tablespoon dill pickle relish
- 0.1 teaspoon hot sauce
- 1 tablespoon juice of lemon
- 1 cup mayonnaise reduced-fat
- 1 tablespoon pimiento-stuffed olives chopped
- 1 tablespoon shallots grated

Equipment

Directions

Stir together all ingredients. Cover and chill 2 hours.

Nutrition Facts

 **PROTEIN 1.13%**  **FAT 79.74%**  **CARBS 19.13%**

Properties

Glycemic Index:0.47, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.15000000255911%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 8.92kcal (0.45%), Fat: 0.8g (1.23%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 0.43g (0.14%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0.14g (0.16%), Cholesterol: 0.56mg (0.19%), Sodium: 37.14mg (1.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.05%), Vitamin K: 1.91µg (1.82%)