



## Tartar Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



3

CALORIES



258 kcal

SAUCE

## Ingredients

- ☐ 1 pinch pepper black freshly ground
- ☐ 1 tablespoon capers
- ☐ 1 pinch kosher salt
- ☐ 0.5 cup mayonnaise good
- ☐ 1 teaspoon mustard coarse-grained
- ☐ 2 tablespoons small-diced pickles
- ☐ 1 tablespoon citrus champagne vinegar

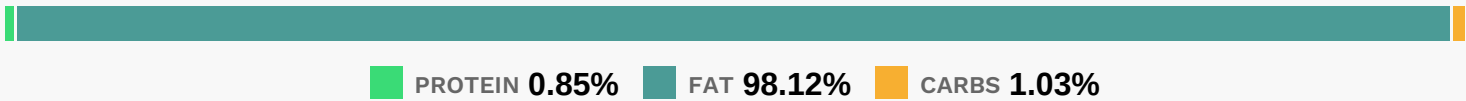
## Equipment

☐ food processor

## Directions

- ☐ Watch how to make this recipe.
- ☐ Place all the ingredients in a food processor or mini chopper fitted with a steel blade and pulse several times until the pickles are finely chopped and all the ingredients are well mixed but not pureed.

## Nutrition Facts



## Properties

Glycemic Index:38, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:3.7443477861259%

## Flavonoids

Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

## Nutrients (% of daily need)

Calories: 257.71kcal (12.89%), Fat: 28.05g (43.15%), Saturated Fat: 4.39g (27.42%), Carbohydrates: 0.66g (0.22%), Net Carbohydrates: 0.4g (0.14%), Sugar: 0.37g (0.42%), Cholesterol: 15.68mg (5.23%), Sodium: 422.22mg (18.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.09%), Vitamin K: 63.24µg (60.23%), Vitamin E: 1.27mg (8.44%), Selenium: 1.46µg (2.08%), Phosphorus: 11.94mg (1.19%), Manganese: 0.02mg (1.14%), Iron: 0.2mg (1.1%), Copper: 0.02mg (1.09%), Calcium: 10.88mg (1.09%), Fiber: 0.26g (1.06%), Vitamin B2: 0.02mg (1.03%)