



Tartar Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



258 kcal

SAUCE

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3 tablespoons capers finely chopped
- 2 tablespoons dill pickles finely chopped
- 3 tablespoons juice of lemon freshly squeezed (from 2 medium lemons)
- 1 cup mayonnaise
- 1 tablespoon spring onion light white green finely chopped (from 1 medium scallion, and parts only)

Equipment

- bowl

Directions

Place all of the ingredients in a medium bowl and stir to combine. Cover and refrigerate until ready to use.

Nutrition Facts

PROTEIN 0.82% **FAT 97.4%** **CARBS 1.78%**

Properties

Glycemic Index:19, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:3.9456521389277%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg Quercetin: 7.04mg, Quercetin: 7.04mg, Quercetin: 7.04mg, Quercetin: 7.04mg

Nutrients (% of daily need)

Calories: 257.56kcal (12.88%), Fat: 28g (43.08%), Saturated Fat: 4.39g (27.41%), Carbohydrates: 1.15g (0.38%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.51g (0.56%), Cholesterol: 15.68mg (5.23%), Sodium: 387.9mg (16.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Vitamin K: 64.87µg (61.78%), Vitamin E: 1.28mg (8.56%), Vitamin C: 3.37mg (4.08%), Folate: 5.34µg (1.33%), Selenium: 0.92µg (1.32%), Copper: 0.03mg (1.32%), Manganese: 0.02mg (1.06%), Vitamin B2: 0.02mg (1.03%), Iron: 0.19mg (1.03%), Phosphorus: 10.13mg (1.01%)