



 **1%**
HEALTH SCORE

Tartar Sauce I

 Vegetarian  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



387 kcal

SAUCE

Ingredients

- 1 cup mayonnaise
- 1 tablespoon onion minced
- 4 servings salt and pepper to taste
- 1 tablespoon pickle relish sweet

Equipment

- bowl

Directions

In a small bowl, mix together mayonnaise, sweet pickle relish, and minced onion. Stir in lemon juice. Season to taste with salt and pepper. Refrigerate for at least 1 hour before serving.

Nutrition Facts

PROTEIN 0.6% **FAT 97.47%** **CARBS 1.93%**

Properties

Glycemic Index:19.25, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:5.0860870738068%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 386.67kcal (19.33%), Fat: 41.91g (64.47%), Saturated Fat: 6.56g (40.97%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 1.79g (0.65%), Sugar: 1.52g (1.68%), Cholesterol: 23.52mg (7.84%), Sodium: 579.9mg (25.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Vitamin K: 94.43µg (89.94%), Vitamin E: 1.86mg (12.39%), Selenium: 1.3µg (1.86%), Vitamin A: 82.13IU (1.64%), Phosphorus: 13.01mg (1.3%), Vitamin B12: 0.07µg (1.12%)