

Tartar Sauce IV

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



2177 kcal

SAUCE

Ingredients

- 1 cup dill pickles finely chopped
- 0.3 cup juice of lemon
- 1 quart mayonnaise
- 1 cup onion diced

Equipment

- mixing bowl

Directions

- In a stainless steel or glass mixing bowl, combine the mayonnaise, lemon juice, onion, and dill pickle.
- Mix thoroughly.
- Transfer to a glass or plastic container with a tight lid and refrigerate.

Nutrition Facts

PROTEIN 0.72% **FAT 97.6%** **CARBS 1.68%**

Properties

Glycemic Index:25.67, Glycemic Load:2, Inflammation Score:-6, Nutrition Score:12.870869468088%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.9mg, Quercetin: 10.9mg, Quercetin: 10.9mg, Quercetin: 10.9mg

Nutrients (% of daily need)

Calories: 2176.59kcal (108.83%), Fat: 236.26g (363.48%), Saturated Fat: 36.98g (231.1%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 7.69g (2.8%), Sugar: 5.18g (5.76%), Cholesterol: 132.49mg (44.16%), Sodium: 2390.6mg (103.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.83%), Vitamin K: 522.41µg (497.53%), Vitamin E: 10.45mg (69.63%), Vitamin C: 12.82mg (15.54%), Selenium: 7.54µg (10.77%), Phosphorus: 90.96mg (9.1%), Folate: 33.79µg (8.45%), Vitamin B5: 0.66mg (6.59%), Calcium: 64.46mg (6.45%), Vitamin B12: 0.38µg (6.31%), Potassium: 215.29mg (6.15%), Vitamin B2: 0.1mg (6.15%), Vitamin A: 294.56IU (5.89%), Manganese: 0.12mg (5.79%), Fiber: 1.44g (5.78%), Vitamin B6: 0.11mg (5.74%), Vitamin B1: 0.08mg (5.56%), Iron: 0.9mg (5%), Copper: 0.1mg (4.82%), Vitamin D: 0.63µg (4.21%), Zinc: 0.63mg (4.18%), Magnesium: 13.04mg (3.26%)