



Healthdor

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Sauce Tartar

Sauce Tartar is a classic condiment that is commonly used in seafood dishes. It is a creamy and tangy sauce made with mayonnaise, pickles, capers, and various herbs and spices. It adds a delicious flavor to fish, shrimp, and other seafood dishes.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 10

Serving Size: 20 g

Ingredients

150 g	mayonnaise
50 g	Pickles
20 g	Capers
10 g	dijon mustard
10 ml	Lemon juice

5 g	fresh dill
5 g	fresh parsley
2 g	Salt
2 g	Black pepper

Directions

Step 1

Cut

Finely chop the pickles, capers, dill, and parsley.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mix

In a bowl, combine the mayonnaise, chopped pickles, capers, dill, parsley, Dijon mustard, lemon juice, salt, and black pepper. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 94 kcal

Fat: 10 g

Protein: 0 g

Carbohydrates: 1 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	1 g	1.82%	2%
Fibers	0 g	0%	0%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	6 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	112 iu	12.44%	16%
Vitamin C	1 mg	1.11%	1.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	221 mg	9.61%	9.61%
Calcium	6 mg	0.6%	0.6%
Iron	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	7 mg	0.21%	0.27%
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Events

Christmas Picnic

Cuisines

French

Course

Sauces & Dressings Snacks Appetizers Main Dishes Side Dishes Desserts
Salads Soups

Diet

Anti-Inflammatory Diet

Kitchen Tools

Slow Cooker Blender Stove Grill

Nutritional Content

Low Fat High Fiber Low Sodium High Iron

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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