

Lemon Basil Tartar Sauce

Katie Workman - Associated Press
Scripps Treasure Coast Newspapers

1/2 cup mayonnaise
juice of 1/2 lemon
2 tablespoons minced cornichons
(baby pickles)
2 tablespoons scallions, minced
1 tablespoon capers, drained and
rinsed, then minced
2 teaspoons coarse Dijon or Creole
mustard
1 tablespoon basil, minced
1 tablespoon fresh parsley, chopped
Kosher salt
freshly ground black pepper

In a small bowl, mix together the mayonnaise,
lemon juice, cornichons, scallions, capers,
mustard, basil, parsley, 1/2 teaspoon of salt and
1/2 teaspoon of pepper.

Refrigerate until use.

Per Serving (excluding unknown
items): 806 Calories; 94g Fat
(97.2% calories from fat); 2g
Protein; 4g Carbohydrate; 2g
Dietary Fiber; 39mg Cholesterol;
708mg Sodium. Exchanges: 0
Grain(Starch); 0 Vegetable; 8 Fat; 0
Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	806
% Calories from Fat:	97.2%
% Calories from Carbohydrates:	1.8%
% Calories from Protein:	1.0%
Total Fat (g):	94g
Saturated Fat (g):	13g
Monounsaturated Fat (g):	25g
Polyunsaturated Fat (g):	46g
Cholesterol (mg):	39mg
Carbohydrate (g):	4g
Dietary Fiber (g):	2g

Vitamin B6 (mg):	.7mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	34mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

Grain (Starch):	0
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Protein (g): 2g
Sodium (mg): 708mg
Potassium (mg): 248mg
Calcium (mg): 129mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 10mg
Vitamin A (i.u.): 971IU
Vitamin A (r.e.): 128RE

Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 8
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 806 Calories from Fat: 784

% Daily Values*

Total Fat	94g	144%
Saturated Fat	13g	65%
Cholesterol	39mg	13%
Sodium	708mg	30%
Total Carbohydrates	4g	1%
Dietary Fiber	2g	9%
Protein	2g	
Vitamin A		19%
Vitamin C		17%
Calcium		13%
Iron		16%

* Percent Daily Values are based on a 2000 calorie diet.