

Quick Tartar Sauce

*Viola Willaims - Silsbee, TX
Southern Living - 1987 Annual Recipes*

Yield: 1/2 cup

*1/2 cup mayonnaise
1 tablespoon dill pickle, chopped
1 tablespoon pimiento-stuffed olives,
chopped
1 tablespoon lemon juice
1/2 teaspoon grated onion
1/4 teaspoon Worcestershire sauce*

In a bowl, combine all of the ingredients. Stir well.

Cover and chill.

Serve with seafood.

Per Serving (excluding unknown items): 796 Calories; 94g Fat (98.4% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 39mg Cholesterol; 762mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 8 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	796	Vitamin B6 (mg):	.6mg
% Calories from Fat:	98.4%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	1.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	94g	Folacin (mcg):	11mcg
Saturated Fat (g):	13g	Niacin (mg):	trace
Monounsaturated Fat (g):	25g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	45g	Alcohol (kcal):	0
Cholesterol (mg):	39mg	% Refused:	0.0%
Carbohydrate (g):	2g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	762mg	Vegetable:	0
Potassium (mg):	80mg	Fruit:	0
Calcium (mg):	23mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	8

Zinc (mg): trace
 Vitamin C (mg): 10mg
 Vitamin A (i.u.): 512IU
 Vitamin A (r.e.): 82 1/2RE

Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories	796	Calories from Fat: 783
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% Daily Values*

Total Fat	94g	144%
Saturated Fat	13g	65%
Cholesterol	39mg	13%
Sodium	762mg	32%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	1%
Protein	1g	

Vitamin A	10%
Vitamin C	16%
Calcium	2%
Iron	4%

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