

Bayoulicious Remoulade

INGREDIENTS

- 1/2 c. mayonnaise
- 1 Tbsp. lemon juice
- 1/2 Tbsp. smoked paprika
- 1/4 tsp cayenne pepper
- 1 tsp. Cajun Maispalm seasoning
- 2 Tbsp. Dijon mustard
- 1 tsp. horseradish
- 1 clove of garlic, minced

DIRECTIONS

1. Whisk all ingredients together in a mixing bowl.
2. Keep refrigerated when not in use.



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HEALTHY SWAPS

- **Lower Fat:** Use low-fat mayonnaise. 79 Calories. 7g Fat (1g Saturated fat, 5mg Cholesterol.) 587mg Sodium. 4g Carbohydrates (1g Fiber, 3g Total sugar.) 1g Protein.
- **Lower Carbohydrate:** Recipe is considered low-carbohydrate as is.
- **Lower Sodium:** Use salt-free Cajun seasoning 207 calories. 22g Fat (2g Saturated fat, 329mg Cholesterol.) 329mg Sodium. 1g Carbohydrates (<1g Fiber, <1g Total sugar.) <1g Protein.
- **Dairy-free:** Recipe is dairy-free as is.
- **Gluten-free:** Ensure Cajun seasoning is gluten-free.

Nutrition Facts 4 servings per container Serving size 3 Tablespoons Calories per serving 200	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	
	Total Fat 21g	27%	Total Carbohydrate 1g	0%	
	Saturated Fat 3g	15%	Dietary Fiber 0g	0%	
	Trans Fat 0g		Total Sugars 0g		
	Cholesterol 10mg	3%	Includes 0g Added Sugars	0%	
	Sodium 510mg	22%	Protein 1g	2%	
Vitamin D 0mcg	0%	Calcium 9mg	0%	Iron 0.3mg	2%
Potassium 33.4mg	0%				

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.