

Red Creek Remoulade Sauce

*Red Creek Colonial Inn - Long Beach, MS
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Yield: 1 1/2 cups

*1 cup mayonnaise
4 hard-boiled eggs, finely chopped
1 teaspoon dry mustard
2 tablespoons fresh parsley, finely chopped
1 tablespoon green bell pepper, finely chopped
1 tablespoon garlic, finely chopped
1 tablespoon anchovy paste
1 teaspoon Worcestershire sauce
6 olives, finely chopped
white pepper (to taste)
1 tablespoon capers, finely chopped
1 tablespoon fresh chervil, finely chopped
1 tablespoon fresh tarragon, finely chopped
1 tablespoon gherkins, finely chopped*

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Place the mayonnaise in a bowl.

Add all of the remaining ingredients. Mix well.

(Serve with shrimp, crab or other seafood.)

Per Serving (excluding unknown items): 2007 Calories; 214g Fat (90.9% calories from fat); 34g Protein; 14g Carbohydrate; 2g Dietary Fiber; 925mg Cholesterol; 1963mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 18 1/2 Fat; 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	2007	Vitamin B6 (mg):	1.6mg
% Calories from Fat:	90.9%	Vitamin B12 (mcg):	2.8mcg
% Calories from Carbohydrates:	2.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	6.4%	Riboflavin B2 (mg):	1.0mg

Total Fat (g): 214g
Saturated Fat (g): 33g
Monounsaturated Fat (g): 60g
Polyunsaturated Fat (g): 95g
Cholesterol (mg): 925mg
Carbohydrate (g): 14g
Dietary Fiber (g): 2g
Protein (g): 34g
Sodium (mg): 1963mg
Potassium (mg): 601mg
Calcium (mg): 230mg
Iron (mg): 6mg
Zinc (mg): 3mg
Vitamin C (mg): 32mg
Vitamin A (i.u.): 2445IU
Vitamin A (r.e.): 531RE

Folacin (mcg): 124mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 4 1/2
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 18 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 2007 **Calories from Fat:** 1825

% Daily Values*

Total Fat	214g	329%
Saturated Fat	33g	164%
Cholesterol	925mg	308%
Sodium	1963mg	82%
Total Carbohydrates	14g	5%
Dietary Fiber	2g	7%
Protein	34g	
Vitamin A		49%
Vitamin C		53%
Calcium		23%
Iron		34%

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