

Tartar Sauce

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
Reduced calorie salad dressing	1 lb 5 oz	2 ½ cups 2 Tbsp	5 lb 4 oz	2 qt 2 ½ cups	1. Combine all ingredients. Blend well.
OR Lowfat mayonnaise	OR 1 lb 5 oz	OR 2 ½ cups 2 Tbsp	OR 5 lb 4 oz	OR 2 qt 2 ½ cups	
Sweet pickle relish, undrained, chilled	11 ¼ oz	1 ¼ cups 1 Tbsp	2 lb 13 oz	1 qt 1 ¼ cups	
Dehydrated onions	¼ oz	2 Tbsp	1 oz	½ cup	
Dried parsley		¼ cup		1 cup	
Dry mustard		½ tsp		2 tsp	
					2. Cover. Refrigerate until ready to use.
					3. Serve with fish sandwiches, fish portions, or fish sticks.

SERVING:	YIELD:	VOLUME:
2 Tbsp (1 oz ladle).	1 Quart: 32 2 Tbsp servings	1 Quart: about 1 quart

1 Gallon: 128 2 Tbsp servings **1 Gallon:** about 1 gallon

Edited 2004

Tartar Sauce

Nutrients Per Serving					
Calories	63	Saturated Fat	0.58 g	Iron	0.36 mg
Protein	0.23 g	Cholesterol	8 mg	Calcium	5 mg
Carbohydrate	7.94 g	Vitamin A	63 IU	Sodium	246 mg
Total Fat	3.59 g	Vitamin C	0.4 mg	Dietary Fiber	0.4 g