

# Ultra-Easy Double-Dill Diet Friendly Tartar Sauce

Yield: 1 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-meatball-recipe-tomato-sauce-pickle-relish>

## Ingredients:

- 2/3 cup fat free plain yogurt I used my favorite Greek yogurt. If you can't find it, there are links in that post for how to strain yo...
- 1/3 cup mayo I used full-fat mayo, but you can use reduced fat; don't use fat-free mayo because it always contains sugar
- 1/2 teaspoon dill weed dried dill
- 2 tablespoons capers drained and finely chopped
- 3 tablespoons pickle relish dill, without sugar, or use finely chopped dill pickles if you can't find dill relish
- 1/4 teaspoon beau monde seasoning or Bon Appetit, optional

## Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 25 milligrams
4. Fat: 26 grams
5. Fiber: 1 grams
6. Protein: 11 grams
7. SaturatedFat: 4 grams
8. Sodium: 1580 milligrams
9. Sugar: 31 grams

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