



Baja Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



173 kcal

SAUCE

Ingredients

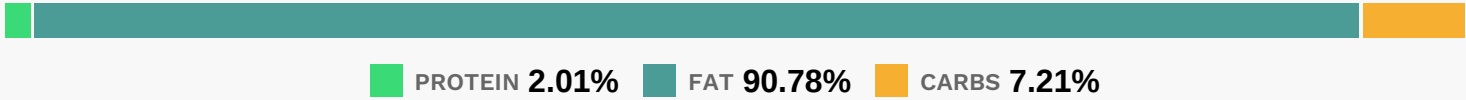
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 small jalapeno diced seeded
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 cup mayonnaise
- ☐ 2 teaspoons mexican seasoning
- ☐ 0.5 cup cup heavy whipping cream sour

Equipment

Directions

- ☐ Combine all ingredients; stir well.
- ☐ *We tested with Via Nueva Pico de Gallo seasoning.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:4.4804348012675%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 172.74kcal (8.64%), Fat: 17.77g (27.34%), Saturated Fat: 4.15g (25.93%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.33g (0.85%), Sugar: 1.11g (1.23%), Cholesterol: 19.15mg (6.38%), Sodium: 125.77mg (5.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.77%), Vitamin K: 45.55µg (43.38%), Vitamin C: 6.36mg (7.71%), Vitamin E: 1.12mg (7.49%), Vitamin A: 279.66IU (5.59%), Calcium: 49.67mg (4.97%), Manganese: 0.1mg (4.76%), Iron: 0.7mg (3.87%), Fiber: 0.84g (3.37%), Vitamin B2: 0.05mg (2.93%), Phosphorus: 23.58mg (2.36%), Folate: 8.44µg (2.11%), Vitamin B6: 0.04mg (2.1%), Potassium: 72.92mg (2.08%), Magnesium: 8.04mg (2.01%), Selenium: 1.24µg (1.78%), Vitamin B5: 0.14mg (1.39%), Copper: 0.02mg (1.21%), Vitamin B12: 0.06µg (1.04%), Zinc: 0.15mg (1.02%)