



Chipotle Dipping Sauce



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



8

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 chipotle peppers in adobo sauce
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 clove garlic
- ☐ 1 juice of lime juiced
- ☐ 0.5 cup mayonnaise
- ☐ 2 tablespoons olive oil

Equipment

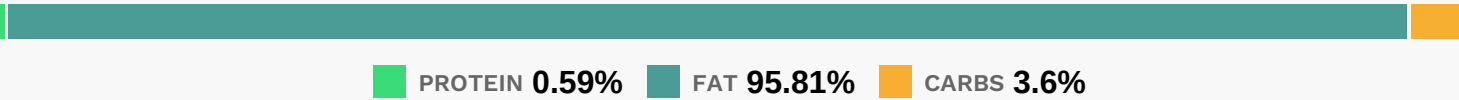
- ☐ food processor

☐ blender

Directions

☐ Combine paleo mayonnaise, chipotle peppers, fresh cilantro, olive oil, lime juice, and garlic in a food processor or blender. Pulse or blend mixture until smooth and well combined, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.9486956256239%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 130.37kcal (6.52%), Fat: 13.98g (21.51%), Saturated Fat: 2.12g (13.26%), Carbohydrates: 1.18g (0.39%), Net Carbohydrates: 0.76g (0.27%), Sugar: 0.41g (0.45%), Cholesterol: 5.88mg (1.96%), Sodium: 89.61mg (3.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.39%), Vitamin K: 28.06µg (26.72%), Vitamin E: 1mg (6.64%), Vitamin C: 1.51mg (1.83%), Fiber: 0.43g (1.7%), Vitamin A: 78.68IU (1.57%)