



Chipotle-Lime Mayo

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



20

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon chipotle pepper in adobo sauce canned minced
- 2 teaspoons juice of lime
- 1 teaspoon lime zest
- 0.7 cup mayonnaise
- 20 servings salt and pepper to taste

Equipment

Directions

- Stir together mayonnaise, minced chipotle pepper, lime zest, and lime juice. Season with salt and pepper to taste.

Nutrition Facts

PROTEIN 0.58% **FAT 97.71%** **CARBS 1.71%**

Properties

Glycemic Index:4.1, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.67739131050589%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 51.43kcal (2.57%), Fat: 5.59g (8.59%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 0.22g (0.07%), Net Carbohydrates: 0.14g (0.05%), Sugar: 0.1g (0.11%), Cholesterol: 3.14mg (1.05%), Sodium: 241.22mg (10.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.15%), Vitamin K: 12.17µg (11.59%), Vitamin E: 0.25mg (1.64%)