



Chipotle Mayo



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



8

CALORIES



99 kcal

SIDE DISH

Ingredients



2 chipotle chilies in adobo sauce



1 tablespoon adobo sauce from chipotle peppers



0.5 cup mayonnaise

Equipment

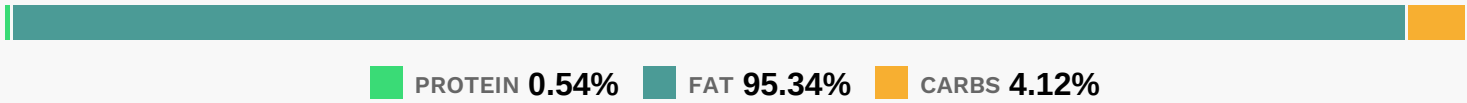


food processor

Directions

In a food processor, combine the mayonnaise, chipotle chilies, and adobo sauce. Pulse until smooth and well blended.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.3317391085236%

Nutrients (% of daily need)

Calories: 98.95kcal (4.95%), Fat: 10.47g (16.11%), Saturated Fat: 1.64g (10.24%), Carbohydrates: 1.02g (0.34%), Net Carbohydrates: 0.46g (0.17%), Sugar: 0.46g (0.51%), Cholesterol: 5.88mg (1.96%), Sodium: 88.96mg (3.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.27%), Vitamin K: 22.82µg (21.73%), Vitamin E: 0.46mg (3.06%), Fiber: 0.56g (2.25%)