



## Chipotle Mayonnaise

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



592 kcal

SIDE DISH

### Ingredients

- 1 cup mayonnaise reduced-fat
- 2 teaspoons chipotles in adobo canned minced
- 1 tablespoon chiles in adobo sauce (from can)
- 1 tablespoon juice of lime freshly squeezed
- 1 serving coarse salt

### Equipment

## Directions

Stir together mayonnaise, chipotles, adobo sauce, and lime juice. Season with salt.

## Nutrition Facts

**PROTEIN 0.84%** **FAT 81.02%** **CARBS 18.14%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:8.4582608990047%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 592.32kcal (29.62%), Fat: 53.5g (82.31%), Saturated Fat: 8.25g (51.58%), Carbohydrates: 26.95g (8.98%), Net Carbohydrates: 25.66g (9.33%), Sugar: 9.26g (10.29%), Cholesterol: 35.84mg (11.95%), Sodium: 5134.03mg (223.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Vitamin K: 121.76µg (115.97%), Vitamin E: 5.42mg (36.15%), Selenium: 6.38µg (9.11%), Vitamin C: 5.54mg (6.72%), Iron: 1.14mg (6.36%), Fiber: 1.29g (5.18%), Phosphorus: 42.54mg (4.25%), Vitamin A: 204.22IU (4.08%), Calcium: 37.8mg (3.78%), Potassium: 120.69mg (3.45%), Folate: 12.08µg (3.02%), Copper: 0.05mg (2.61%), Magnesium: 9.82mg (2.46%), Vitamin B1: 0.03mg (1.92%), Vitamin B5: 0.15mg (1.48%), Zinc: 0.21mg (1.43%)