

## Chipotle Mayonnaise



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



16

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 chipotles in adobo canned finely chopped
- ☐ 0.5 cup salad dressing
- ☐ 0.5 cup cream sour
- ☐ 0.1 teaspoon oregano dried

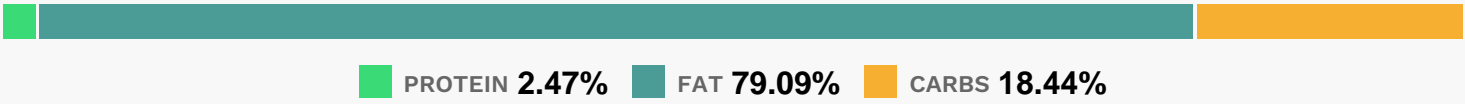
## Equipment

- ☐ bowl

# Directions

- ☐ In small bowl, mix all ingredients. Cover; refrigerate at least 1 hour to blend flavors.
- ☐ Serve with soy-protein burgers, chicken-style breaded soy-protein patties and nuggets, grilled chicken-style soy-protein patties, bean burgers and vegetable burgers.

## Nutrition Facts



## Properties

Glycemic Index:0.31, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.5656521777096%

## Nutrients (% of daily need)

Calories: 33.15kcal (1.66%), Fat: 2.94g (4.53%), Saturated Fat: 0.94g (5.89%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 1.35g (0.49%), Sugar: 1.16g (1.29%), Cholesterol: 4.24mg (1.41%), Sodium: 75.17mg (3.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.41%), Vitamin K: 4.32µg (4.11%), Vitamin E: 0.19mg (1.27%)