



Chutney Dressing

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



142 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 garlic cloves minced
- 0.5 cup mayonnaise
- 9 ounce chutney
- 0.3 teaspoon pepper dried red crushed

Equipment

Directions

Stir together all ingredients.

Note: For testing purposes only, we used Major Grey Chutney.

Nutrition Facts

 **PROTEIN 0.63%**  **FAT 91.98%**  **CARBS 7.39%**

Properties

Glycemic Index:11.43, Glycemic Load:0.13, Inflammation Score:-5, Nutrition Score:2.5713043685841%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 142.44kcal (7.12%), Fat: 14.13g (21.73%), Saturated Fat: 2.95g (18.41%), Carbohydrates: 2.55g (0.85%), Net Carbohydrates: 2.51g (0.91%), Sugar: 0.1g (0.12%), Cholesterol: 6.72mg (2.24%), Sodium: 660.38mg (28.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.44%), Vitamin K: 26.17µg (24.92%), Vitamin A: 888.22IU (17.76%), Vitamin C: 5.52mg (6.69%), Vitamin E: 0.55mg (3.68%)