



Cilantro Lime Mayo



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



259 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 1 cup cilantro leaves fresh
- ☐ 1 garlic clove peeled
- ☐ 0.5 teaspoon hot sauce recommended: Tabasco
- ☐ 4 tablespoons juice of lime fresh
- ☐ 1 cup mayonnaise
- ☐ 6 servings salt and pepper black freshly ground

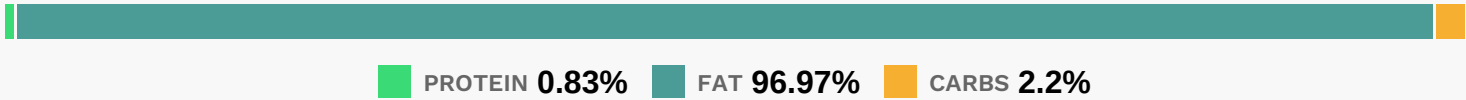
Equipment

☐ food processor

Directions

- ☐ Blend all ingredients in food processor except mayonnaise and salt and pepper. Process until cilantro is fine.
- ☐ Add mayonnaise and process just until blended. Season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:4.3952173707278%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 258.52kcal (12.93%), Fat: 27.98g (43.05%), Saturated Fat: 4.37g (27.33%), Carbohydrates: 1.43g (0.48%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.43g (0.47%), Cholesterol: 15.68mg (5.23%), Sodium: 256.58mg (11.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.07%), Vitamin K: 69.37µg (66.07%), Vitamin E: 1.32mg (8.79%), Vitamin C: 4.13mg (5%), Vitamin A: 210.94IU (4.22%), Manganese: 0.04mg (2.03%), Selenium: 1.25µg (1.79%), Phosphorus: 12.38mg (1.24%), Folate: 4.63µg (1.16%), Potassium: 38.12mg (1.09%)