



Cilantro-Lime Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



111 kcal

SAUCE

Ingredients

- ☐ 1 cup cilantro leaves fresh coarsely chopped
- ☐ 1 tablespoon ginger fresh peeled chopped
- ☐ 2 tablespoons green onion sliced
- ☐ 2 tablespoons juice of lime
- ☐ 1 teaspoon lime zest grated
- ☐ 1 cup regular reduced-fat
- ☐ 5 servings salt

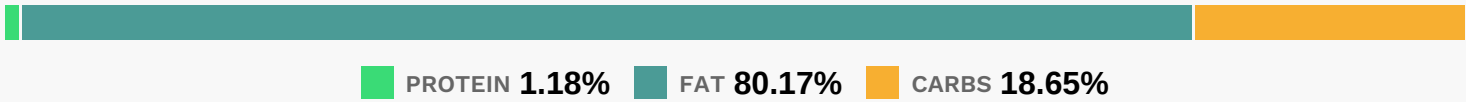
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ blender

Directions

- ☐ In a blender or food processor, whirl 1/3 cup mayonnaise, cilantro, green onion, ginger, lime peel, and lime juice until smooth.
- ☐ Pour into a bowl and whisk in remaining 2/3 cup mayonnaise; salt to taste.

Nutrition Facts



Properties

Glycemic Index:22.2, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:2.9817391737648%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 110.87kcal (5.54%), Fat: 9.98g (15.36%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 5.22g (1.74%), Net Carbohydrates: 5.01g (1.82%), Sugar: 1.81g (2.01%), Cholesterol: 7.17mg (2.39%), Sodium: 566.45mg (24.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Vitamin K: 38.99µg (37.13%), Vitamin E: 1.09mg (7.28%), Vitamin A: 274.42IU (5.49%), Vitamin C: 3.3mg (4%), Selenium: 1.23µg (1.75%), Folate: 6.1µg (1.52%), Potassium: 50.46mg (1.44%), Manganese: 0.03mg (1.27%), Copper: 0.02mg (1.14%), Phosphorus: 10.53mg (1.05%)