

# Cranberry Poppy Seed Mayonnaise



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



250 kcal

SIDE DISH

## Ingredients

- 0.5 cup mayonnaise
- 1 teaspoon poppy seeds
- 0.5 cup roasted cranberry sauce whole

## Equipment

- bowl
- whisk

## Directions

- Whisk together mayonnaise and cranberry sauce in a large bowl. Stir in the poppy seeds. Refrigerate until serving.

## Nutrition Facts

**PROTEIN 1.14%** **FAT 75.89%** **CARBS 22.97%**

## Properties

Glycemic Index:13.75, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:3.1643478488145%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

## Nutrients (% of daily need)

Calories: 249.99kcal (12.5%), Fat: 21.31g (32.78%), Saturated Fat: 3.31g (20.7%), Carbohydrates: 14.51g (4.84%), Net Carbohydrates: 13.98g (5.08%), Sugar: 11.31g (12.57%), Cholesterol: 11.76mg (3.92%), Sodium: 179.74mg (7.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Vitamin K: 46.13µg (43.93%), Vitamin E: 1.26mg (8.38%), Manganese: 0.07mg (3.66%), Fiber: 0.53g (2.13%), Iron: 0.28mg (1.53%), Calcium: 14.07mg (1.41%), Phosphorus: 13.81mg (1.38%), Copper: 0.03mg (1.33%), Selenium: 0.89µg (1.26%)