



## Curried Dipping Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



322 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 teaspoons curry powder
- 0.5 cup mango chutney hot
- 1 cup mayonnaise
- 2 tablespoons tarragon vinegar
- 2 tablespoons vegetable oil

## Equipment

- food processor
- blender

## Directions

- Process all ingredients in a blender or food processor until smooth. Cover and chill until ready to serve.

## Nutrition Facts

**PROTEIN 0.58%** **FAT 78%** **CARBS 21.42%**

## Properties

Glycemic Index:22.86, Glycemic Load:9.16, Inflammation Score:-1, Nutrition Score:3.9286956560353%

## Nutrients (% of daily need)

Calories: 322.14kcal (16.11%), Fat: 27.92g (42.95%), Saturated Fat: 4.35g (27.2%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 16.79g (6.11%), Sugar: 11.98g (13.31%), Cholesterol: 13.44mg (4.48%), Sodium: 211.36mg (9.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Vitamin K: 59.88µg (57.02%), Vitamin E: 1.52mg (10.15%), Vitamin C: 2.2mg (2.67%), Iron: 0.36mg (1.99%), Manganese: 0.04mg (1.95%), Selenium: 1.34µg (1.92%), Fiber: 0.46g (1.83%), Copper: 0.04mg (1.76%), Vitamin B2: 0.03mg (1.54%), Phosphorus: 13.51mg (1.35%), Folate: 5.15µg (1.29%), Calcium: 10.42mg (1.04%)