



Deviled Louis Dressing

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



7

CALORIES



230 kcal

SIDE DISH

Ingredients

- 1 teaspoons chipotle chilies canned drained
- 3 tablespoons juice of lemon
- 1 cup mayonnaise
- 0.5 cup tomato salsa hot (medium to)
- 1.5 teaspoons sugar

Equipment

- food processor
- bowl

blender

Directions

- In a blender or food processor, whirl salsa and 1 to 2 teaspoons chipotle chilies (depending on desired heat) until smooth.
- Pour into a bowl and stir in mayonnaise, lemon juice, and sugar.
- Serve, or chill airtight up to 1 week.

Nutrition Facts

 PROTEIN 1.15%  FAT 93.28%  CARBS 5.57%

Properties

Glycemic Index:17.16, Glycemic Load:0.69, Inflammation Score:-1, Nutrition Score:3.6521738249323%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 230.02kcal (11.5%), Fat: 24.02g (36.95%), Saturated Fat: 3.76g (23.5%), Carbohydrates: 3.22g (1.07%), Net Carbohydrates: 2.67g (0.97%), Sugar: 2.2g (2.44%), Cholesterol: 13.44mg (4.48%), Sodium: 325.71mg (14.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Vitamin K: 52.94µg (50.42%), Vitamin E: 1.29mg (8.57%), Vitamin C: 2.84mg (3.44%), Fiber: 0.55g (2.22%), Vitamin A: 110.33IU (2.21%), Vitamin B6: 0.04mg (1.91%), Potassium: 60.95mg (1.74%), Phosphorus: 13.18mg (1.32%), Selenium: 0.91µg (1.31%), Manganese: 0.02mg (1.2%), Vitamin B3: 0.21mg (1.07%), Vitamin B5: 0.1mg (1.01%)