



Dried Apricot-Chipotle Mayonnaise



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



100 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon adobo sauce from can
- ☐ 1 chipotle chile pepper in adobo sauce canned chopped
- ☐ 0.5 cup apricots dried
- ☐ 2 tablespoons green onion finely chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup water hot

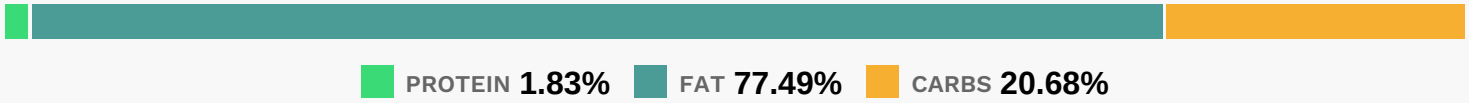
Equipment

☐ bowl

Directions

- ☐ Stir together dried apricots, hot water, and lime juice in a small bowl.
- ☐ Let stand 15 minutes; drain. Pat apricots dry, and coarsely chop.
- ☐ Stir together mayonnaise and next 3 ingredients; reserve 2 Tbsp. mixture for Pecan-Crusted Pork Burgers. Stir apricots into remaining mayonnaise mixture. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:11.54, Glycemic Load:1.25, Inflammation Score:-2, Nutrition Score:2.0978260830693%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 100.14kcal (5.01%), Fat: 8.82g (13.57%), Saturated Fat: 1.37g (8.59%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 4.56g (1.66%), Sugar: 3.94g (4.38%), Cholesterol: 4.7mg (1.57%), Sodium: 381.66mg (16.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Vitamin K: 21.1µg (20.09%), Vitamin A: 258.95IU (5.18%), Vitamin E: 0.71mg (4.74%), Fiber: 0.74g (2.96%), Potassium: 87.83mg (2.51%), Vitamin C: 1.29mg (1.57%), Iron: 0.27mg (1.52%), Copper: 0.03mg (1.39%)