



Garlic-Chili Mayonnaise

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



58 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons asian garlic-chili sauce
- 1 cup mayonnaise light
- 1 tablespoon juice of lime fresh

Equipment

Directions

Stir together mayonnaise, garlic-chili sauce, and juice. Store in an airtight container in the refrigerator up to 1 week.

Nutrition Facts

PROTEIN 0.63% **FAT 78.48%** **CARBS 20.89%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.8339130445181%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 57.63kcal (2.88%), Fat: 4.97g (7.65%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 2.98g (0.99%), Net Carbohydrates: 2.84g (1.03%), Sugar: 1.41g (1.57%), Cholesterol: 3.58mg (1.19%), Sodium: 352.32mg (15.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.18%), Vitamin K: 12.04µg (11.46%), Vitamin E: 0.49mg (3.29%)