



Halle's Honey Mustard and Caleb's Kickin' Mayo

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



408 kcal

SIDE DISH

Ingredients

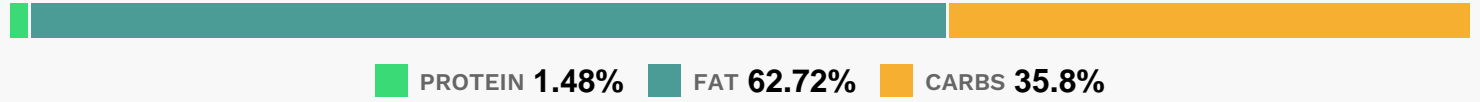
- 1 tablespoon chiles in adobo sauce canned (from the can of peppers)
- 1 chipotle pepper minced
- 0.8 cup honey
- 1 cup mayonnaise
- 0.3 teaspoon paprika
- 0.5 cup mustard yellow

Equipment

Directions

- Combine the honey, mustard and paprika together, and tip into a serving dish.
- Combine the mayonnaise, adobo sauce and chipotle together, and tip into serving dish.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:18.38, Inflammation Score:-1, Nutrition Score:5.381304429925%

Nutrients (% of daily need)

Calories: 407.55kcal (20.38%), Fat: 29.31g (45.1%), Saturated Fat: 4.53g (28.29%), Carbohydrates: 37.65g (12.55%), Net Carbohydrates: 36.27g (13.19%), Sugar: 35.85g (39.83%), Cholesterol: 15.68mg (5.23%), Sodium: 982.63mg (42.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.11%), Vitamin K: 61.46µg (58.54%), Selenium: 8.35µg (11.93%), Vitamin E: 1.4mg (9.35%), Manganese: 0.12mg (6.22%), Fiber: 1.38g (5.51%), Iron: 0.7mg (3.89%), Phosphorus: 33.35mg (3.33%), Magnesium: 12.02mg (3%), Vitamin B1: 0.04mg (2.96%), Vitamin B2: 0.04mg (2.28%), Calcium: 22.48mg (2.25%), Copper: 0.04mg (1.96%), Zinc: 0.29mg (1.95%), Potassium: 68.14mg (1.95%), Vitamin A: 86.61IU (1.73%), Vitamin B5: 0.16mg (1.57%), Vitamin B6: 0.03mg (1.46%), Folate: 4.48µg (1.12%)