



Hot and Smoky Dipping Sauce

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



256 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 chipotle sauce
- 0.3 cup chives fresh chopped
- 4 servings kosher salt black
- 2 tablespoons juice of lime freshly squeezed
- 0.5 cup mayonnaise
- 0.5 cup cream sour

Equipment

- bowl

blender

Directions

Place the mayonnaise, sour cream, chipotle, adobe sauce and lime juice in a blender and puree until smooth. Season with salt and pepper.

Transfer to a dipping bowl and garnish with the chives.

Nutrition Facts



PROTEIN 1.95% **FAT 92.7%** **CARBS 5.35%**

Properties

Glycemic Index:23.75, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:4.1421739860721%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 255.71kcal (12.79%), Fat: 26.62g (40.95%), Saturated Fat: 6.21g (38.81%), Carbohydrates: 3.46g (1.15%), Net Carbohydrates: 2.86g (1.04%), Sugar: 2.04g (2.26%), Cholesterol: 28.72mg (9.57%), Sodium: 382.23mg (16.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Vitamin K: 51.44µg (48.99%), Vitamin E: 1.05mg (7%), Vitamin A: 309.89IU (6.2%), Vitamin C: 3.96mg (4.8%), Calcium: 34.75mg (3.47%), Vitamin B2: 0.06mg (3.39%), Phosphorus: 30.23mg (3.02%), Selenium: 1.74µg (2.48%), Fiber: 0.59g (2.37%), Potassium: 57.75mg (1.65%), Folate: 6.5µg (1.63%), Vitamin B5: 0.16mg (1.62%), Vitamin B12: 0.09µg (1.57%), Magnesium: 4.81mg (1.2%), Zinc: 0.16mg (1.05%), Vitamin B6: 0.02mg (1.02%)