



Jalapeño-Mustard Dipping Sauce



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



256 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 cup dijon mustard



2 tablespoons jalapeño pepper jelly



0.8 cup mayonnaise

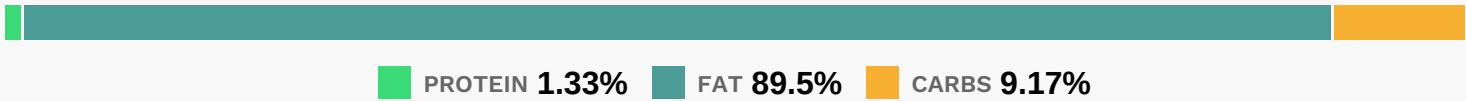
Equipment

Directions



Stir together all ingredients until blended.

Nutrition Facts



Properties

Glycemic Index:16.4, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:3.8852174009966%

Nutrients (% of daily need)

Calories: 255.65kcal (12.78%), Fat: 25.55g (39.31%), Saturated Fat: 3.96g (24.77%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 5.36g (1.95%), Sugar: 4.85g (5.39%), Cholesterol: 14.11mg (4.7%), Sodium: 353.08mg (15.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.7%), Vitamin K: 54.95µg (52.34%), Vitamin E: 1.15mg (7.64%), Selenium: 5.01µg (7.15%), Manganese: 0.05mg (2.71%), Fiber: 0.54g (2.14%), Phosphorus: 20.5mg (2.05%), Vitamin B1: 0.03mg (1.79%), Vitamin A: 85.28IU (1.71%), Magnesium: 6.31mg (1.58%), Iron: 0.27mg (1.49%), Calcium: 10.53mg (1.05%)