



## Lemon-Raisin Spread

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



302 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.5 cup juice of lemon
- 0.5 cup mayonnaise
- 2 cups raisins
- 1 cup sugar

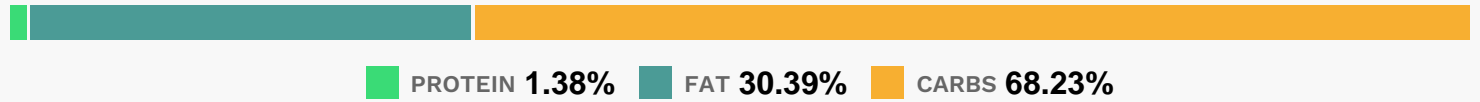
### Equipment

- food processor
- sauce pan
- blender

## Directions

- Process raisins in a blender or food processor until finely chopped.
- Cook sugar and lemon juice in a small saucepan over medium-high heat, stirring until sugar dissolves. Stir in raisins. Cool. Stir in mayonnaise. Cover and chill 1 hour.
- Serve with assorted crackers or as a sandwich spread.

## Nutrition Facts



## Properties

Glycemic Index:22.36, Glycemic Load:32.77, Inflammation Score:-1, Nutrition Score:4.1234782435324%

## Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 302.11kcal (15.11%), Fat: 10.78g (16.59%), Saturated Fat: 1.71g (10.68%), Carbohydrates: 54.48g (18.16%), Net Carbohydrates: 51.97g (18.9%), Sugar: 25.41g (28.24%), Cholesterol: 5.88mg (1.96%), Sodium: 99.45mg (4.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Vitamin K: 22.82µg (21.73%), Fiber: 2.51g (10.04%), Vitamin C: 7.86mg (9.53%), Potassium: 318.07mg (9.09%), Copper: 0.12mg (5.82%), Iron: 0.99mg (5.52%), Manganese: 0.1mg (5.03%), Vitamin B2: 0.08mg (4.45%), Vitamin B6: 0.08mg (3.81%), Vitamin E: 0.48mg (3.21%), Phosphorus: 31.35mg (3.13%), Vitamin B1: 0.05mg (3.04%), Magnesium: 11.93mg (2.98%), Vitamin B3: 0.42mg (2.09%), Calcium: 12.44mg (1.24%), Folate: 4.84µg (1.21%), Selenium: 0.7µg (1.01%)