



Lime-Cayenne Mayonnaise



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



385 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon lime rind grated
- ☐ 0.5 cup mayonnaise

Equipment

Directions

Stir together all ingredients; cover and chill until ready to serve.

Nutrition Facts

PROTEIN 0.66%

FAT 97.51%

CARBS 1.83%

Properties

Glycemic Index:57, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:5.4308695417383%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.56mg, Hesperetin: 1.56mg, Hesperetin: 1.56mg, Hesperetin: 1.56mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 385.49kcal (19.27%), Fat: 41.94g (64.53%), Saturated Fat: 6.56g (41.01%), Carbohydrates: 1.78g (0.59%), Net Carbohydrates: 1.63g (0.59%), Sugar: 0.61g (0.67%), Cholesterol: 23.52mg (7.84%), Sodium: 355.98mg (15.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.27%), Vitamin K: 91.57µg (87.21%), Vitamin E: 1.95mg (12.97%), Vitamin C: 4.84mg (5.86%), Vitamin A: 148.18IU (2.96%), Selenium: 1.33µg (1.9%), Phosphorus: 14.68mg (1.47%), Vitamin B5: 0.12mg (1.16%), Folate: 4.61µg (1.15%), Vitamin B12: 0.07µg (1.12%)