



Louis Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 4 servings cayenne
- ☐ 2 tablespoons tomato-based chili sauce (for seafood cocktails)
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup mayonnaise low-fat (regular or)
- ☐ 2 tablespoons onion minced
- ☐ 0.3 cup whipping cream

Equipment

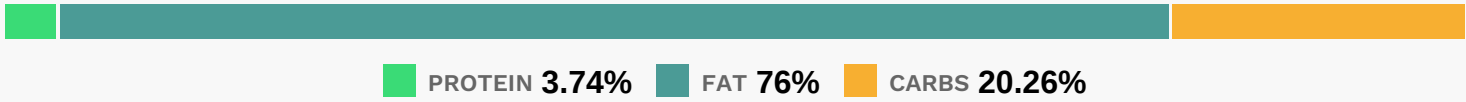
- ☐ bowl

☐ blender

Directions

- ☐ In a chilled small, deep bowl, beat cream with a mixer on high speed until cream holds soft peaks.
- ☐ Add mayonnaise, onion, chili sauce, lemon juice, and cayenne to taste.
- ☐ Mix gently. If making ahead, cover and chill dressing up to 4 hours. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.29, Inflammation Score:-6, Nutrition Score:3.5017391222975%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 100.81kcal (5.04%), Fat: 8.87g (13.64%), Saturated Fat: 3.98g (24.86%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 4.49g (1.63%), Sugar: 2.54g (2.82%), Cholesterol: 19.05mg (6.35%), Sodium: 221.17mg (9.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.97%), Vitamin A: 1112.21IU (22.24%), Vitamin K: 10.01µg (9.53%), Vitamin E: 1.2mg (7.98%), Vitamin C: 6.09mg (7.38%), Vitamin B6: 0.08mg (3.8%), Fiber: 0.83g (3.33%), Vitamin B2: 0.05mg (3.18%), Potassium: 101.53mg (2.9%), Manganese: 0.05mg (2.42%), Phosphorus: 22.54mg (2.25%), Calcium: 16.72mg (1.67%), Folate: 6.4µg (1.6%), Vitamin B3: 0.32mg (1.59%), Vitamin D: 0.24µg (1.59%), Selenium: 1.1µg (1.57%), Magnesium: 6.21mg (1.55%), Iron: 0.27mg (1.48%), Vitamin B1: 0.02mg (1.43%), Copper: 0.02mg (1.23%)