



Malty Pepper Mayo



Vegetarian



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 4 teaspoons malt vinegar
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 teaspoon pepper
- ☐ 6 servings yukon gold chips

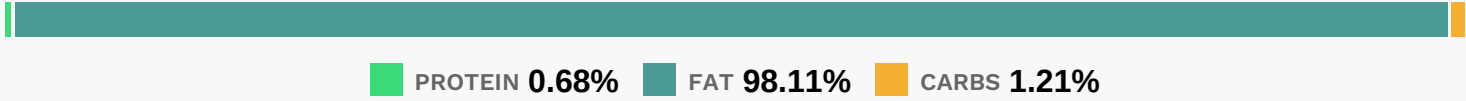
Equipment

- ☐ bowl
- ☐ whisk

Directions

☐ Whisk together all ingredients in a small bowl and serve with Yukon Gold Chips.

Nutrition Facts



Properties

Glycemic Index:35.96, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:1.7491304477596%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 128.72kcal (6.44%), Fat: 13.97g (21.49%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 0.39g (0.13%), Net Carbohydrates: 0.32g (0.12%), Sugar: 0.12g (0.13%), Cholesterol: 7.84mg (2.61%), Sodium: 118.69mg (5.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.43%), Vitamin K: 30.72µg (29.26%), Vitamin E: 0.61mg (4.09%), Manganese: 0.03mg (1.3%)