



Mango Mayonnaise

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



217 kcal

SIDE DISH

Ingredients

- 0.5 tablespoon cilantro leaves fresh minced
- 0.3 cup mayonnaise light
- 1.5 tablespoons mango chutney

Equipment

Directions

- Combine all ingredients.

Let stand 5 minutes before serving.

Nutrition Facts

PROTEIN 0.6% **FAT 51.71%** **CARBS 47.69%**

Properties

Glycemic Index:87, Glycemic Load:11.19, Inflammation Score:-1, Nutrition Score:2.5760869228322%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 216.73kcal (10.84%), Fat: 12.45g (19.16%), Saturated Fat: 1.93g (12.09%), Carbohydrates: 25.85g (8.62%), Net Carbohydrates: 25.51g (9.28%), Sugar: 16.55g (18.38%), Cholesterol: 8.96mg (2.99%), Sodium: 472.81mg (20.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.64%), Vitamin K: 30.69µg (29.23%), Vitamin E: 1.27mg (8.45%), Vitamin C: 2.69mg (3.27%), Selenium: 2.06µg (2.94%), Copper: 0.04mg (2.05%), Folate: 5.66µg (1.42%), Phosphorus: 14.2mg (1.42%), Vitamin B2: 0.02mg (1.36%), Fiber: 0.34g (1.34%), Iron: 0.23mg (1.27%), Potassium: 41.5mg (1.19%), Vitamin A: 52.7IU (1.05%)