



Pepperoncini Mayo



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



206 kcal

SIDE DISH

Ingredients



1 teaspoon lemon zest



0.7 cup mayonnaise



3 tablespoons pepperoncini peppers chopped



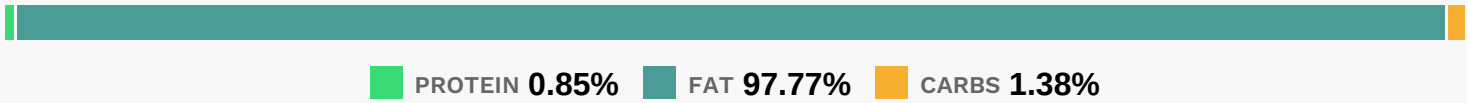
5 servings salt and pepper to taste

Equipment

Directions

Stir together mayonnaise, pepperoncini peppers, and lemon zest. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:3.4117390630038%

Nutrients (% of daily need)

Calories: 205.68kcal (10.28%), Fat: 22.38g (34.43%), Saturated Fat: 3.5g (21.87%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.36g (0.13%), Sugar: 0.36g (0.4%), Cholesterol: 12.54mg (4.18%), Sodium: 384.62mg (16.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Vitamin K: 49.53µg (47.17%), Vitamin C: 7.85mg (9.52%), Vitamin E: 1.04mg (6.95%), Vitamin B6: 0.03mg (1.74%), Fiber: 0.34g (1.38%), Folate: 4.12µg (1.03%), Selenium: 0.72µg (1.02%)