



Red Pepper Mayonnaise



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



260 kcal

SIDE DISH

Ingredients



1 small garlic clove pressed



0.3 cup mayonnaise



0.3 cup roasted bell pepper red jarred drained

Equipment

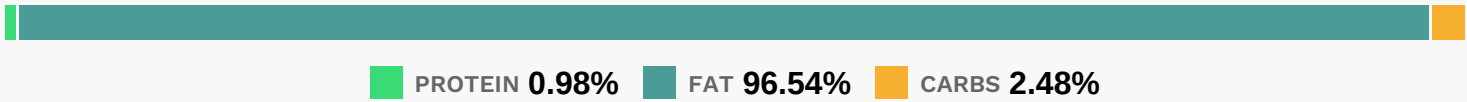


food processor

Directions

Process mayonnaise, garlic, and roasted red bell pepper in a mini food processor until smooth.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:4.6821739077568%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 260.3kcal (13.02%), Fat: 28g (43.08%), Saturated Fat: 4.38g (27.37%), Carbohydrates: 1.62g (0.54%), Net Carbohydrates: 1.31g (0.48%), Sugar: 0.23g (0.25%), Cholesterol: 15.68mg (5.23%), Sodium: 556.76mg (24.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Vitamin K: 60.88µg (57.98%), Vitamin C: 11.32mg (13.72%), Vitamin E: 1.23mg (8.17%), Manganese: 0.06mg (3.25%), Vitamin B6: 0.06mg (3.16%), Vitamin A: 145.74IU (2.91%), Copper: 0.04mg (2.1%), Selenium: 1.14µg (1.63%), Iron: 0.29mg (1.61%), Calcium: 15.27mg (1.53%), Phosphorus: 14.8mg (1.48%), Folate: 5.64µg (1.41%), Potassium: 47.55mg (1.36%), Fiber: 0.31g (1.25%)