



Roasted Jalapeno Mayo



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



2

CALORIES



393 kcal

SIDE DISH

Ingredients

- ☐ 1 handful cilantro leaves
- ☐ 1 glove garlic
- ☐ 1 green onion
- ☐ 2 jalapeño peppers
- ☐ 1 juice of lime
- ☐ 0.5 cup mayonnaise

Equipment

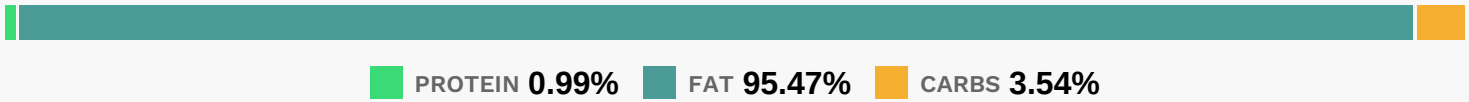
- ☐ baking sheet

☐ oven

Directions

- ☐ Place the peppers on a baking sheet with the cut side facing down.
- ☐ Place the baking sheet on the top shelf in the oven and broil until the outer layer of the skin has blackened, about 8–14 minutes.
- ☐ Place the peppers in a zip-lock bag or other sealable container, seal and let them cool until you can handle them, about 20 minutes.
- ☐ Remove the skins from the peppers. The skins should easily "pinch" off.Puree everything.

Nutrition Facts



Properties

Glycemic Index:88, Glycemic Load:0.56, Inflammation Score:-4, Nutrition Score:8.2547826352327%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 393.23kcal (19.66%), Fat: 41.98g (64.58%), Saturated Fat: 6.57g (41.06%), Carbohydrates: 3.5g (1.17%), Net Carbohydrates: 2.81g (1.02%), Sugar: 1.32g (1.47%), Cholesterol: 23.52mg (7.84%), Sodium: 358.45mg (15.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.95%), Vitamin K: 112.61µg (107.24%), Vitamin C: 23.24mg (28.17%), Vitamin E: 2.46mg (16.37%), Vitamin A: 389.73IU (7.79%), Vitamin B6: 0.09mg (4.7%), Folate: 13.2µg (3.3%), Manganese: 0.06mg (3.17%), Fiber: 0.7g (2.78%), Potassium: 96.46mg (2.76%), Selenium: 1.63µg (2.32%), Phosphorus: 22.98mg (2.3%), Vitamin B2: 0.03mg (1.9%), Vitamin B5: 0.18mg (1.84%), Iron: 0.32mg (1.75%), Copper: 0.04mg (1.75%), Calcium: 16.64mg (1.66%), Vitamin B1: 0.02mg (1.51%), Magnesium: 5.95mg (1.49%), Vitamin B3: 0.26mg (1.32%), Vitamin B12: 0.07µg (1.12%), Zinc: 0.17mg (1.11%)