

Serrano Mayo



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



192 kcal

SIDE DISH

Ingredients



2 tablespoons hot sauce



1 teaspoon kosher salt



1 cup mayonnaise



4 serrano chiles seeded chopped

Equipment

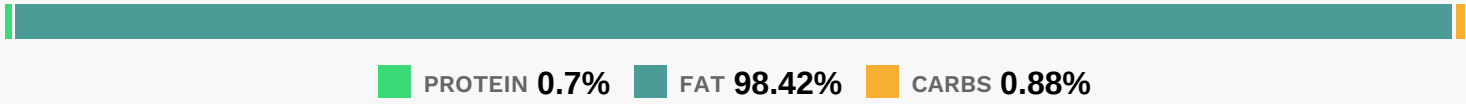


bowl

Directions

- ☐ Mix chiles and salt in a small bowl; let sit 10 minutes.
- ☐ Mix in mayonnaise and hot sauce.
- ☐ DO AHEAD: Serrano mayo can be made 3 days ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:2.8469565627368%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 191.72kcal (9.59%), Fat: 20.97g (32.26%), Saturated Fat: 3.28g (20.5%), Carbohydrates: 0.42g (0.14%), Net Carbohydrates: 0.3g (0.11%), Sugar: 0.32g (0.35%), Cholesterol: 11.76mg (3.92%), Sodium: 554.68mg (24.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Vitamin K: 46.07µg (43.88%), Vitamin E: 0.94mg (6.29%), Vitamin C: 3.78mg (4.58%), Vitamin B6: 0.02mg (1.12%), Vitamin A: 51.58IU (1.03%)