



Smoky Red Pepper Mayo



Vegetarian



Gluten Free



Dairy Free

READY IN



4 min.

SERVINGS



4

CALORIES



70 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon garlic minced
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup mayonnaise light
- ☐ 2 tablespoons bottled roasted bell pepper red chopped
- ☐ 0.5 teaspoon paprika smoked

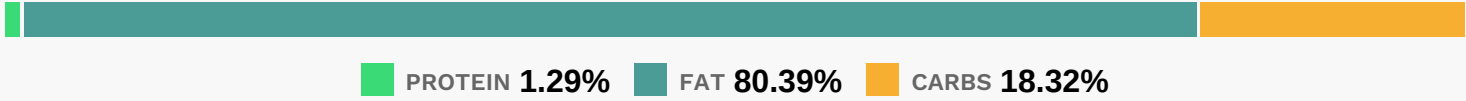
Equipment

- ☐ bowl

Directions

☐ Combine all ingredients in a small bowl.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:1.6852174284665%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 69.51kcal (3.48%), Fat: 6.28g (9.65%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 3.22g (1.07%), Net Carbohydrates: 3.03g (1.1%), Sugar: 1.06g (1.18%), Cholesterol: 4.48mg (1.49%), Sodium: 333.02mg (14.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.45%), Vitamin K: 15.24µg (14.52%), Vitamin C: 4.04mg (4.9%), Vitamin E: 0.69mg (4.59%), Vitamin A: 181.29IU (3.63%), Manganese: 0.02mg (1.21%), Vitamin B6: 0.02mg (1.21%), Selenium: 0.82µg (1.17%)