



Southwestern Mayonnaise Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



322 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons chiles green canned chopped
- ☐ 0.3 teaspoon chili powder
- ☐ 1.3 cups mayonnaise
- ☐ 2 tablespoons orange juice
- ☐ 1 tablespoon citrus champagne vinegar

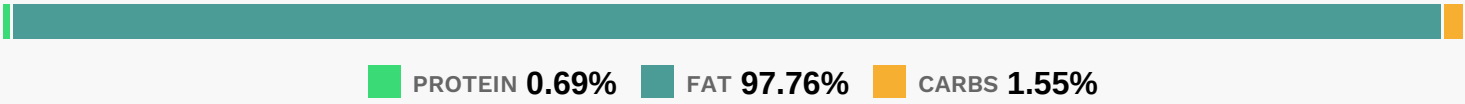
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 4 ingredients in a small bowl until smooth; stir in green chiles. Chill, if desired.
- ☐ Serve over mixed salad greens or as a dressing for chicken salad.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:4.6386956119019%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 322.17kcal (16.11%), Fat: 34.95g (53.77%), Saturated Fat: 5.47g (34.16%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.75g (0.83%), Cholesterol: 19.6mg (6.53%), Sodium: 327.73mg (14.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.11%), Vitamin K: 76.16µg (72.53%), Vitamin E: 1.56mg (10.43%), Vitamin C: 5.41mg (6.56%), Folate: 8.11µg (2.03%), Selenium: 1.12µg (1.6%), Vitamin A: 75.82IU (1.52%), Iron: 0.23mg (1.3%), Phosphorus: 12.04mg (1.2%)