



Spicy Garlic Panini Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons garlic powder
- ☐ 1 tablespoon mayonnaise
- ☐ 1.5 teaspoons pepper sauce hot tabasco® such as

Equipment

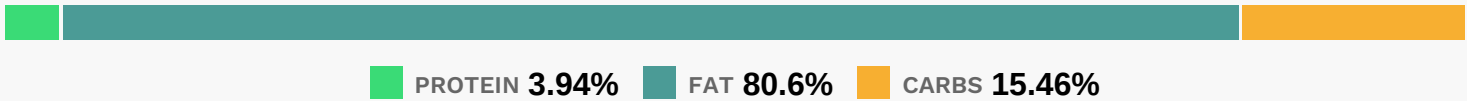
- ☐ bowl

Directions

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Stir the mayonnaise, hot pepper sauce, and garlic powder together in a bowl. Use immediately or keep refrigerated.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:2.7160869357379%

Nutrients (% of daily need)

Calories: 115.72kcal (5.79%), Fat: 10.54g (16.21%), Saturated Fat: 1.66g (10.35%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 3.99g (1.45%), Sugar: 0.3g (0.33%), Cholesterol: 5.88mg (1.96%), Sodium: 251.08mg (10.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Vitamin K: 22.99µg (21.89%), Vitamin C: 4.56mg (5.53%), Vitamin B6: 0.11mg (5.49%), Vitamin E: 0.51mg (3.38%), Manganese: 0.06mg (3.13%), Phosphorus: 28.44mg (2.84%), Selenium: 1.76µg (2.51%), Potassium: 83.02mg (2.37%), Fiber: 0.56g (2.23%), Iron: 0.4mg (2.21%), Vitamin B1: 0.03mg (1.98%), Copper: 0.04mg (1.82%), Zinc: 0.21mg (1.38%), Magnesium: 5.06mg (1.26%)