




Super Easy Dip for Artichokes or Asparagus


 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN




5 min.

SERVINGS



4

CALORIES



399 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- 1 cup mayonnaise
- 1.5 teaspoons sesame oil
- 2 tablespoons soya sauce

Equipment

- bowl

Directions

Stir together the mayonnaise, sesame oil, and soy sauce in a small bowl.

Serve as a dip for steamed vegetables.

Nutrition Facts

PROTEIN 1.48% **FAT 97.69%** **CARBS 0.83%**

Properties

Glycemic Index:16.25, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:5.3456520658472%

Nutrients (% of daily need)

Calories: 399.46kcal (19.97%), Fat: 43.4g (66.76%), Saturated Fat: 6.77g (42.29%), Carbohydrates: 0.82g (0.27%), Net Carbohydrates: 0.75g (0.27%), Sugar: 0.47g (0.52%), Cholesterol: 23.52mg (7.84%), Sodium: 858.34mg (37.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.97%), Vitamin K: 91.48µg (87.13%), Vitamin E: 1.86mg (12.39%), Manganese: 0.05mg (2.44%), Phosphorus: 23.46mg (2.35%), Selenium: 1.36µg (1.94%), Iron: 0.33mg (1.84%), Vitamin B3: 0.36mg (1.78%), Vitamin B2: 0.02mg (1.43%), Vitamin B5: 0.13mg (1.3%), Copper: 0.02mg (1.14%), Vitamin B6: 0.02mg (1.12%), Vitamin B12: 0.07µg (1.12%), Folate: 4.42µg (1.11%), Magnesium: 4.16mg (1.04%)