



Tex-Mex Mayonnaise

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



322 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons chili powder
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon ground pepper red
- ☐ 0.5 teaspoon hot sauce
- ☐ 2 tablespoons catsup
- ☐ 0.3 teaspoon lemon pepper
- ☐ 2 tablespoons juice of lime
- ☐ 1 cup mayonnaise

- ☐ 2 tablespoons milk
- ☐ 0.5 teaspoon onion powder
- ☐ 0.5 teaspoon worcestershire sauce

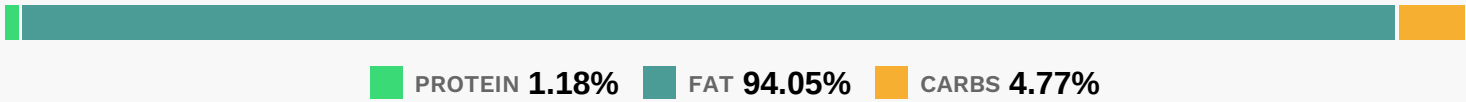
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a bowl. Cover and chill at least 3 hours.

Nutrition Facts



Properties

Glycemic Index:31.4, Glycemic Load:0.29, Inflammation Score:-4, Nutrition Score:5.5856521285099%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 321.76kcal (16.09%), Fat: 33.9g (52.16%), Saturated Fat: 5.39g (33.69%), Carbohydrates: 3.87g (1.29%), Net Carbohydrates: 3.36g (1.22%), Sugar: 2.11g (2.34%), Cholesterol: 19.54mg (6.51%), Sodium: 373.26mg (16.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.91%), Vitamin K: 74.61µg (71.06%), Vitamin E: 2mg (13.35%), Vitamin A: 477.93IU (9.56%), Vitamin C: 2.78mg (3.38%), Vitamin B6: 0.05mg (2.64%), Manganese: 0.05mg (2.52%), Vitamin B2: 0.04mg (2.4%), Phosphorus: 23.89mg (2.39%), Potassium: 77.75mg (2.22%), Selenium: 1.5µg (2.14%), Fiber: 0.51g (2.05%), Iron: 0.36mg (1.99%), Calcium: 18.06mg (1.81%), Copper: 0.03mg (1.51%), Vitamin B12: 0.09µg (1.44%), Magnesium: 4.95mg (1.24%), Vitamin B5: 0.12mg (1.22%), Vitamin B3: 0.24mg (1.19%), Zinc: 0.17mg (1.14%), Folate: 4.39µg (1.1%), Vitamin B1: 0.02mg (1.08%), Vitamin D: 0.16µg (1.04%)