

Chili Aioli Bread Spread

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Yield: 1/2 cup

1/2 cup mayonnaise
1 tablespoon Asian chili sauce
(Sriracha sauce)
1 teaspoon lime juice
1/4 teaspoon salt
1/4 teaspoon cayenne pepper

In a small bowl, stir together the mayonnaise, Asian chili sauce, lime juice, salt and cayenne.

Cover and chill for four hours to allow the flavors to meld.

Start to Finish Time: 10 minutes

Per Serving (excluding unknown items): 791 Calories; 94g Fat (99.1% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 39mg Cholesterol; 1158mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 8 Fat.

Bread and Muffins, Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	791
% Calories from Fat:	99.1%
% Calories from Carbohydrates:	0.3%
% Calories from Protein:	0.6%
Total Fat (g):	94g
Saturated Fat (g):	13g
Monounsaturated Fat (g):	25g
Polyunsaturated Fat (g):	45g
Cholesterol (mg):	39mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	1158mg
Potassium (mg):	52mg
Calcium (mg):	24mg
Iron (mg):	1mg

Vitamin B6 (mg):	.6mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	9mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	8

Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 492IU
Vitamin A (r.e.): 80RE

Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 791 Calories from Fat: 784

% Daily Values*

Total Fat 94g	144%
Saturated Fat 13g	65%
Cholesterol 39mg	13%
Sodium 1158mg	48%
Total Carbohydrates 1g	0%
Dietary Fiber trace	1%
Protein 1g	

Vitamin A	10%
Vitamin C	3%
Calcium	2%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.