

Key Lime Mustard Dipping Sauce

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*1 cup low-fat mayonnaise
5 tablespoons Dijon-style mustard
4 key limes (or 2 regular limes),
juiced
salt (to taste)
pepper (to taste)*

In a small bowl, combine the mayonnaise, mustard and lime juice.

Taste the mustard sauce and adjust the seasoning with salt and pepper to taste.

Per Serving (excluding unknown items): 695 Calories; 68g Fat (86.5% calories from fat); 4g Protein; 20g Carbohydrate; 2g Dietary Fiber; 81mg Cholesterol; 2068mg Sodium. Exchanges: 1/2 Lean Meat; 13 1/2 Fat; 1 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	695
% Calories from Fat:	86.5%
% Calories from Carbohydrates:	11.5%
% Calories from Protein:	2.0%
Total Fat (g):	68g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	23g
Cholesterol (mg):	81mg
Carbohydrate (g):	20g
Dietary Fiber (g):	2g
Protein (g):	4g
Sodium (mg):	2068mg
Potassium (mg):	120mg
Calcium (mg):	63mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	0IU

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	12mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	13 1/2
Other Carbohydrates:	1 1/2

Vitamin A (r.e.):

ORE

Nutrition Facts

Amount Per Serving

Calories	695	Calories from Fat: 601
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% Daily Values*

Total Fat	68g	105%
Saturated Fat	8g	38%
Cholesterol	81mg	27%
Sodium	2068mg	86%
Total Carbohydrates	20g	7%
Dietary Fiber	2g	8%
Protein	4g	
Vitamin A		0%
Vitamin C		0%
Calcium		6%
Iron		8%

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