

Pepper (capsicum) Mayonnaise

The Essential Appetizers Cookbook (1999)
Whitecap Books

1 small red pepper (Capsicum)
6 cloves garlic, unpeeled
1 tablespoon olive oil
1/3 cup whole-egg mayonnaise
1 tablespoon lime juice
salt (to taste)

Preheat the oven to 375 degrees.

Cut the peppers into quarters. Remove the seeds and membrane.

Place on a baking tray with the garlic and drizzle with olive oil.

Bake for 20 to 30 minutes or until the skin blisters on the peppers and the garlic is soft but not burnt. Place in a plastic bag until cool. Peel the peppers and garlic.

In a food processor, combine the peppers and garlic with the mayonnaise until smooth. Transfer to a bowl and stir in the lime juice. Add salt to taste.

Per Serving (excluding unknown items): 150 Calories; 14g Fat (78.2% calories from fat); 1g Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1 Vegetable; 0 Fruit; 2 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	150
% Calories from Fat:	78.2%
% Calories from Carbohydrates:	18.7%
% Calories from Protein:	3.1%
Total Fat (g):	14g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	10g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	2mcg
Niacin (mg):	trace
Caffeine (mg):	0mg

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	7g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	3mg
Potassium (mg):	89mg
Calcium (mg):	34mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	10mg
Vitamin A (i.u.):	2IU
Vitamin A (r.e.):	0RE

Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories	150	Calories from Fat: 117
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% Daily Values*

Total Fat	14g	21%
Saturated Fat	2g	9%
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrates	7g	2%
Dietary Fiber	trace	2%
Protein	1g	
Vitamin A		0%
Vitamin C		17%
Calcium		3%
Iron		2%

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