

Pimiento Mayonnaise

Chef Curtis Stone - Cooking with Curtis
www.WinnDixie.com

1/2 cup mayonnaise
1 roasted red bell pepper, peeled,
seeded and finely chopped
1/4 cup dill pickle, finely chopped
2 tablespoons Creole or coarse ground
mustard
1 tablespoon fresh lemon juice
1 1/2 teaspoons hot sauce (or more,
to taste) (optional)
salt (to taste)
pepper (to taste)

In a small bowl, whisk the mayonnaise, bell pepper, pickle, mustard, lemon juice and hot sauce, if using, to blend.

Season with salt, pepper and additional hot sauce, if desired.

Per Serving (excluding unknown items): 799 Calories; 94g Fat (97.9% calories from fat); 2g Protein; 3g Carbohydrate; 1g Dietary Fiber; 39mg Cholesterol; 1121mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 8 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	799
% Calories from Fat:	97.9%
% Calories from Carbohydrates:	1.4%
% Calories from Protein:	0.7%
Total Fat (g):	94g
Saturated Fat (g):	13g
Monounsaturated Fat (g):	25g
Polyunsaturated Fat (g):	45g
Cholesterol (mg):	39mg
Carbohydrate (g):	3g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	1121mg

Vitamin B6 (mg):	.6mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	11mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2

Potassium (mg): 101mg
Calcium (mg): 24mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 8mg
Vitamin A (i.u.): 1110IU
Vitamin A (r.e.): 141 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 8
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 799 Calories from Fat: 783

% Daily Values*

Total Fat	94g	144%
Saturated Fat	13g	65%
Cholesterol	39mg	13%
Sodium	1121mg	47%
Total Carbohydrates	3g	1%
Dietary Fiber	1g	2%
Protein	2g	
Vitamin A		22%
Vitamin C		13%
Calcium		2%
Iron		4%

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