

# Pineapple Mayonnaise

50 Burger Toppings  
Food Network Magazine

1/2 cup mayonnaise  
1/4 cup canned crushed pineapple,  
drained  
1 teaspoon lime juice  
1 teaspoon cilantro, finely chopped  
1/2 teaspoon Kosher salt  
1/2 teaspoon pepper

In a bowl, combine all of the ingredients.

Per Serving (excluding unknown items): 794 Calories; 94g Fat (98.6% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 39mg Cholesterol; 1567mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 8 Fat.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	794
% Calories from Fat:	98.6%
% Calories from Carbohydrates:	0.7%
% 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):	1g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	1567mg
Potassium (mg):	83mg
Calcium (mg):	32mg
Iron (mg):	1mg
Zinc (mg):	trace

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
% Refused:	0.00%

## Food Exchanges

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

Vitamin C (mg): 5mg  
Vitamin A (i.u.): 427IU  
Vitamin A (r.e.): 73 1/2RE

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## Nutrition Facts

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### Amount Per Serving

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<b>Calories</b>	794	Calories from Fat: 783
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### % Daily Values\*

<b>Total Fat</b>	94g	144%
Saturated Fat	13g	65%
<b>Cholesterol</b>	39mg	13%
<b>Sodium</b>	1567mg	65%
<b>Total Carbohydrates</b>	1g	0%
Dietary Fiber	trace	1%
<b>Protein</b>	1g	

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<b>Vitamin A</b>	9%
<b>Vitamin C</b>	9%
<b>Calcium</b>	3%
<b>Iron</b>	6%

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