

Ranch Mayonnaise

50 Burger Toppings
Food Network Magazine

1/4 cup mayonnaise
1/4 cup sour cream
2 tablespoons chopped dill
2 tablespoons chopped parsley
2 tablespoons chopped chives
2 tablespoons chopped pine nuts
1 tablespoon white vinegar
1 clove garlic, chopped
1/2 teaspoon Kosher salt
1/2 teaspoon pepper

In a blender, puree all of the ingredients.

Store in a sealable container.

Per Serving (excluding unknown items): 531 Calories; 59g Fat (93.7% calories from fat); 3g Protein; 6g Carbohydrate; 1g Dietary Fiber; 45mg Cholesterol; 1289mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 6 1/2 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	531
% Calories from Fat:	93.7%
% Calories from Carbohydrates:	4.1%
% Calories from Protein:	2.2%
Total Fat (g):	59g
Saturated Fat (g):	14g
Monounsaturated Fat (g):	16g
Polyunsaturated Fat (g):	23g
Cholesterol (mg):	45mg
Carbohydrate (g):	6g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	1289mg
Potassium (mg):	201mg

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	28mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

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

Calcium (mg): 104mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 15mg
Vitamin A (i.u.): 1261IU
Vitamin A (r.e.): 232 1/2RE

Non-Fat Milk: 0
Fat: 6 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 531 Calories from Fat: 498

% Daily Values*

Total Fat	59g	91%
Saturated Fat	14g	70%
Cholesterol	45mg	15%
Sodium	1289mg	54%
Total Carbohydrates	6g	2%
Dietary Fiber	1g	3%
Protein	3g	

Vitamin A	25%
Vitamin C	25%
Calcium	10%
Iron	7%

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