

Spicy Lime Mayonnaise

50 Burger Toppings
Food Network Magazine

1/2 cup mayonnaise
1/4 cup gochujang (Korean chile
paste)
1 tablespoon lime juice
pinch salt

In a bowl, mix all of the ingredients.

Per Serving (excluding unknown
items): 793 Calories; 94g Fat
(98.8% calories from fat); 1g
Protein; 1g Carbohydrate; trace
Dietary Fiber; 39mg Cholesterol;
625mg Sodium. Exchanges: 0
Fruit; 8 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

| | |
|--------------------------------|-------|
| Calories (kcal): | 793 |
| % Calories from Fat: | 98.8% |
| % Calories from Carbohydrates: | 0.7% |
| % Calories from Protein: | 0.6% |
| 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): | 625mg |
| Potassium (mg): | 54mg |
| Calcium (mg): | 21mg |
| Iron (mg): | 1mg |
| Zinc (mg): | trace |
| Vitamin C (mg): | 5mg |
| Vitamin A (i.u.): | 310IU |

| | |
|---------------------|-------|
| Vitamin B6 (mg): | .6mg |
| Vitamin B12 (mcg): | .3mcg |
| Thiamin B1 (mg): | trace |
| Riboflavin B2 (mg): | trace |
| Folacin (mcg): | 10mcg |
| Niacin (mg): | trace |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | 0.0% |

Food Exchanges

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

Vitamin A (r.e.):

62RE

Nutrition Facts

Amount Per Serving

| | | |
|-----------------|-----|------------------------|
| Calories | 793 | Calories from Fat: 783 |
|-----------------|-----|------------------------|

% Daily Values*

| | | |
|----------------------------|-------|------|
| Total Fat | 94g | 144% |
| Saturated Fat | 13g | 65% |
| Cholesterol | 39mg | 13% |
| Sodium | 625mg | 26% |
| Total Carbohydrates | 1g | 0% |
| Dietary Fiber | trace | 0% |
| Protein | 1g | |
| Vitamin A | | 6% |
| Vitamin C | | 8% |
| Calcium | | 2% |
| Iron | | 3% |

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