

Creamy Pineapple-Lime Dipping Sauce

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Yield: 1 1/2 cups

3/4 cup light mayonnaise

3/4 cup pineapple

preserves

1 tablespoon lime juice

Preparation Time: 5 minutes

In a medium bowl, combine all of the ingredients.

Whisk together.

Serve with hot, cooked chicken nuggets, tortilla chips, cut-up vegetables or fresh fruit.

Per Serving (excluding unknown items): 420 Calories; 35g Fat (71.6% calories from fat); 1g Protein; 30g Carbohydrate; trace Dietary Fiber; 65mg Cholesterol; 895mg Sodium. Exchanges: 0 Fruit; 7 Fat; 2 Other Carbohydrates.