

Key Lime Mustard Dipping Sauce

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1 cup low-fat mayonnaise
5 tablespoons Dijon-style mustard
4 key limes (or 2 regular limes),
juiced
salt (to taste)
pepper (to taste)

In a small bowl, combine the mayonnaise,
mustard and lime juice.

Taste the mustard sauce and adjust the
seasoning with salt and pepper to taste.

Per Serving (excluding unknown
items): 695 Calories; 68g Fat
(86.5% calories from fat); 4g
Protein; 20g Carbohydrate; 2g
Dietary Fiber; 81mg Cholesterol;
2068mg Sodium. Exchanges: 1/2
Lean Meat; 13 1/2 Fat; 1 1/2 Other
Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	695	Vitamin B6 (mg):	trace
% Calories from Fat:	86.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	11.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.0%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	68g	Folacin (mcg):	12mcg
Saturated Fat (g):	8g	Niacin (mg):	trace
Monounsaturated Fat (g):	12g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	23g	Alcohol (kcal):	0
Cholesterol (mg):	81mg	% Refuse:	0 0%
Carbohydrate (g):	20g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	4g	Lean Meat:	1/2
Sodium (mg):	2068mg	Vegetable:	0
Potassium (mg):	120mg	Fruit:	0
Calcium (mg):	63mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	13 1/2
Zinc (mg):	1mg	Other Carbohydrates:	1 1/2
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	0IU		

Vitamin A (r.e.):

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Nutrition Facts

Amount Per Serving

Calories 695 Calories from Fat: 601

% Daily Values*

Total Fat 68g	105%
Saturated Fat 8g	38%
Cholesterol 81mg	27%
Sodium 2068mg	86%
Total Carbohydrates 20g	7%
Dietary Fiber 2g	8%
Protein 4g	
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Vitamin A	0%
Vitamin C	0%
Calcium	6%
Iron	8%

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