



Healthdor

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Chipotle BBQ Dressing ·

A smoky and tangy dressing made with chipotle peppers and barbecue sauce. Perfect for adding a kick to salads, sandwiches, and grilled meats.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 10

Serving Size: 20 g

Ingredients

100 g	mayonnaise
50 g	barbecue sauce
10 g	chipotle peppers in adobo sauce
30 ml	Lime juice
20 g	Honey
5 g	Garlic powder

2 g	Salt
2 g	Pepper

Directions

Step 1

Blender

In a blender, combine mayonnaise, barbecue sauce, chipotle peppers, lime juice, honey, garlic powder, salt, and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blender

Blend until smooth and well combined.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Taste and adjust seasoning if needed.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Refrigerating

Transfer to a jar or container and refrigerate until ready to use.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 90 kcal

Fat: 10 g

Protein: 0 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	0 g	0%	0%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	5 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Microwave

Nutritional Content

Low Calorie

Cuisines

Italian

French

Mexican

Diet

Anti-Inflammatory Diet

Course

Sauces & Dressings

Drinks

Side Dishes

Salads

Snacks

Events

Picnic

Meal Type

Breakfast

Lunch

Snack

Supper

Brunch

Dinner

Cultural

Chinese New Year

Difficulty Level

Medium

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