

# Spicy Mayo

This recipe is creamy and tangy with a kick of spice. Great on burgers, sandwiches, and even vegetables, this versatile sauce can be added to many dishes. Turn up the spice by adding more Sriracha, Sambal, or hot sauce. If using Sambal — a popular chili sauce — you may want to blend it in a blender until smooth.

## Ingredients for Life

**Serves 16**    **Serving size:** 1 Tablespoon    **Prep time:** 5 minutes    **Cook time:** 0 minutes    **Total time:** 5 minutes

### Ingredients

- 1 cup olive oil mayonnaise  
–For a lighter version, use 1/2 cup olive oil mayonnaise + 1/3 cup nonfat, plain Greek yogurt.
- 2+ Tablespoons Sriracha, Sambal, or hot sauce
- Optional: 1 Tablespoon lime or lemon juice

### Directions

1. In a bowl, mix ingredients until well combined.
2. Can serve immediately or store in the refrigerator for a few hours to let the flavors marry.



### Nutrition Facts

Serves 16	
<b>Serving size 1 tablespoon (17g)</b>	
<b>Amount per serving</b>	
<b>Calories 54</b>	
% Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1g	4%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 152mg	<b>6%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	0%
Total Sugars 0g	
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 5.5mg	30%
Potassium 12mg	0%
Phosphorus 3mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Nutrition information based on recipe made with light olive oil mayonnaise and Sriracha*