

SPRUCE TIP MAYONNAISE

INGREDIENTS:

- 1 cup light mayonnaise
- 1/4 cup spruce tips, minced
- 2 teaspoons lemon juice

DIRECTIONS:

- Thoroughly mix all ingredients. Let flavors blend for at least 1 hour before serving.

Nutrition Facts

Serving Size 2 tablespoon (16g)
Servings Per Container 16

Amount Per Serving

Calories 40 **Calories from Fat 35**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 130mg **5%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 0g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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