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**CHARAYONNAISE (HORSERADISH MAYONNAISE)**

Basic Lifestyle

**Ingredients**

- ½ prepared red horseradish
- 1-1/2 cups low-fat mayonnaise
- 1 TBS dry white wine
- 2 cloves garlic, peeled and finely minced or crushed in a press

**Instructions**

1. With a wire whisk, combine the mayonnaise with the white wine.
2. Add garlic and horseradish.

This can be mixed by hand; however, the consistency will be smoother if pulsed with a food processor. Add water for desired consistency.)

**Portion-Per-Serving Information:** (Yields 2 cups)

Serving = 2 TBS = 50 calories.

120 calories = 1 FT