



Anchovy Mayonnaise

 Gluten Free

READY IN



30 min.

SERVINGS



5

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 oz anchovy drained canned (56 g; 12 fillets)
- ☐ 12 large garlic clove with side of a large heavy knife peeled smashed
- ☐ 0.3 cup mayonnaise
- ☐ 0.8 cup milk whole for thinning sauce
- ☐ 0.3 cup olive oil extra virgin extra-virgin

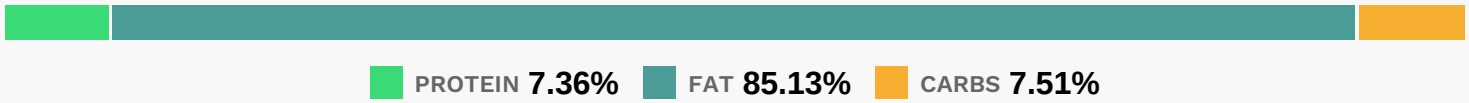
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine garlic and milk in a 1- to 1 1/2-quart heavy saucepan and gently simmer over low heat, uncovered, until garlic is very tender, about 20 minutes. Cool slightly, about 5 minutes, then purée mixture with anchovies, oil, and mayonnaise in a blender until smooth. (Use caution when blending hot liquids.)
- ☐ Add more milk to thin if necessary.
- ☐ Anchovy mayonnaise can be made 1 day ahead and chilled, covered. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:23.6, Glycemic Load:1.35, Inflammation Score:-1, Nutrition Score:5.2373912774998%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 219.18kcal (10.96%), Fat: 20.93g (32.21%), Saturated Fat: 3.63g (22.71%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 4.01g (1.46%), Sugar: 1.9g (2.11%), Cholesterol: 15.9mg (5.3%), Sodium: 98.26mg (4.27%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.07g (8.15%), Vitamin K: 25µg (23.81%), Vitamin E: 2.01mg (13.41%), Selenium: 6.11µg (8.73%), Vitamin B3: 1.68mg (8.4%), Calcium: 75.72mg (7.57%), Phosphorus: 70.07mg (7.01%), Manganese: 0.13mg (6.53%), Vitamin B6: 0.13mg (6.44%), Vitamin B2: 0.09mg (5.27%), Vitamin B12: 0.28µg (4.69%), Potassium: 129.55mg (3.7%), Iron: 0.57mg (3.19%), Zinc: 0.45mg (2.97%), Vitamin D: 0.43µg (2.83%), Vitamin B1: 0.04mg (2.82%), Magnesium: 10.95mg (2.74%), Vitamin C: 2.25mg (2.72%), Vitamin B5: 0.27mg (2.72%), Copper: 0.05mg (2.4%), Vitamin A: 72.89IU (1.46%)