



Basic Mayonnaise

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



101 kcal

SIDE DISH

Ingredients

- 2 large egg yolk
- 1 teaspoon dijon mustard
- 4 teaspoons juice of lemon fresh
- 1 cup vegetable oil
- 1 serving coarse mustard

Equipment

Directions

- Garlic Mayonnaise
- Herb Mayonnaise
- Red-Pepper Mayonnaise
- Tartar Mayonnaise
- Caesar Mayonnaise

Nutrition Facts

PROTEIN 4.6% **FAT 92.96%** **CARBS 2.44%**

Properties

Glycemic Index:12.8, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.3678260869565%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 101.08kcal (5.05%), Fat: 10.6g (16.31%), Saturated Fat: 1.99g (12.41%), Carbohydrates: 0.63g (0.21%), Net Carbohydrates: 0.53g (0.19%), Sugar: 0.17g (0.19%), Cholesterol: 73.44mg (24.48%), Sodium: 25.3mg (1.1%), Protein: 1.18g (2.36%), Vitamin K: 16.11µg (15.35%), Selenium: 4.49µg (6.42%), Vitamin E: 0.9mg (6.01%), Phosphorus: 29mg (2.9%), Folate: 10.87µg (2.72%), Vitamin D: 0.37µg (2.45%), Vitamin B2: 0.04mg (2.22%), Vitamin B12: 0.13µg (2.21%), Vitamin B5: 0.21mg (2.15%), Vitamin A: 99.72IU (1.99%), Vitamin C: 1.56mg (1.89%), Vitamin B6: 0.03mg (1.35%), Iron: 0.22mg (1.24%), Zinc: 0.17mg (1.14%), Vitamin B1: 0.02mg (1.11%), Calcium: 10.27mg (1.03%)