

Basil Mayonnaise



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



54 kcal

SIDE DISH

Ingredients

- ☐ 1 cup basil leaves fresh loosely packed
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 1 cup mayonnaise light

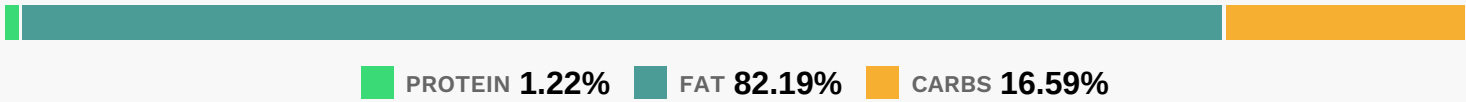
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Process all ingredients in food processor or blender until smooth, stopping to scrape down sides. Store in an airtight container in the refrigerator up to 1 week.
- ☐ Garlic–Chili Mayonnaise: Omit lemon rind and basil. Substitute fresh lime juice for lemon juice. Stir together mayonnaise, juice, and 2 Tbsp. Asian garlic–chili sauce. Makes about 1 cup.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.5908695841613%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 54.29kcal (2.71%), Fat: 4.99g (7.68%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 2.27g (0.76%), Net Carbohydrates: 2.2g (0.8%), Sugar: 0.85g (0.95%), Cholesterol: 3.58mg (1.19%), Sodium: 185.37mg (8.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.33%), Vitamin K: 21.99µg (20.94%), Vitamin E: 0.51mg (3.42%), Vitamin A: 142.47IU (2.85%), Vitamin C: 1.27mg (1.54%), Manganese: 0.03mg (1.47%)