



Blender Mayonnaise



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



20 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper white black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 1 large eggs
- ☐ 4 teaspoons juice of lemon freshly squeezed to taste
- ☐ 0.3 teaspoon sea salt fine

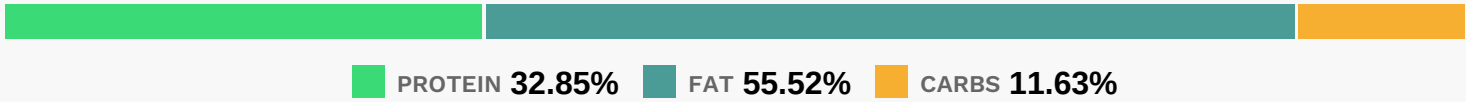
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐
- In a blender or food processor, blend together the egg, lemon juice, mustard, fine sea salt, and freshly ground white or black pepper, blending until well combined. With the motor still running, add the oil in a very slow, thin, steady stream and blend until the dressing is thick and smooth. DO AHEAD: The mayonnaise can be prepared ahead and refrigerated, in an airtight container, up to 1 week.
- ☐
- White pepper is the classic pepper used for mayonnaise, because it visually blends into the pale color. If you prefer the flavor of freshly ground black pepper and don't mind the dark flecks, feel free to use it.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.4226087022411%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 20.11kcal (1.01%), Fat: 1.25g (1.92%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 0.59g (0.2%), Net Carbohydrates: 0.49g (0.18%), Sugar: 0.19g (0.21%), Cholesterol: 46.5mg (15.5%), Sodium: 176.9mg (7.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Selenium: 4.27µg (6.1%), Vitamin B2: 0.06mg (3.46%), Phosphorus: 26.72mg (2.67%), Vitamin C: 1.97mg (2.38%), Vitamin B5: 0.2mg (2.02%), Vitamin B12: 0.11µg (1.85%), Folate: 6.97µg (1.74%), Vitamin D: 0.25µg (1.67%), Iron: 0.26mg (1.45%), Vitamin A: 68.69IU (1.37%), Vitamin B6: 0.02mg (1.23%), Zinc: 0.17mg (1.16%)