



Charmoula Mayonnaise

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



387 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon cayenne
- 0.5 cup cilantro leaves loosely packed
- 0.5 cup flat-leaf parsley sprigs loosely packed
- 1 tablespoon ginger fresh chopped
- 1 clove garlic
- 0.5 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 1 tablespoon juice of lemon

- 1.5 cups mayonnaise
- 1 teaspoon paprika
- 1 teaspoon salt

Equipment

- food processor

Directions

- In a food processor, combine all ingredients and whirl until smooth.

Nutrition Facts

PROTEIN 0.91% **FAT 97.42%** **CARBS 1.67%**

Properties

Glycemic Index:35.17, Glycemic Load:0.31, Inflammation Score:-6, Nutrition Score:7.383043455041%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 387.46kcal (19.37%), Fat: 42.08g (64.73%), Saturated Fat: 6.58g (41.1%), Carbohydrates: 1.62g (0.54%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.51g (0.56%), Cholesterol: 23.52mg (7.84%), Sodium: 747.45mg (32.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.77%), Vitamin K: 177.77µg (169.3%), Vitamin A: 748.74IU (14.97%), Vitamin E: 2.04mg (13.61%), Vitamin C: 8.31mg (10.07%), Iron: 0.69mg (3.82%), Folate: 12.14µg (3.03%), Manganese: 0.05mg (2.28%), Selenium: 1.47µg (2.1%), Potassium: 69.72mg (1.99%), Phosphorus: 19.47mg (1.95%), Fiber: 0.47g (1.88%), Calcium: 17.38mg (1.74%), Copper: 0.03mg (1.58%), Magnesium: 6.07mg (1.52%), Vitamin B6: 0.03mg (1.5%), Vitamin B2: 0.02mg (1.47%), Vitamin B5: 0.14mg (1.41%), Zinc: 0.19mg (1.26%), Vitamin B12: 0.07µg (1.12%), Vitamin B1: 0.02mg (1.03%)