



Chef John's Empty Mayo Jar Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



85 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch cayenne pepper to taste
- ☐ 1 teaspoon chives fresh chopped
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 1 pinch herbs de provence
- ☐ 1 tablespoon mayonnaise to taste
- ☐ 1 cup olive oil

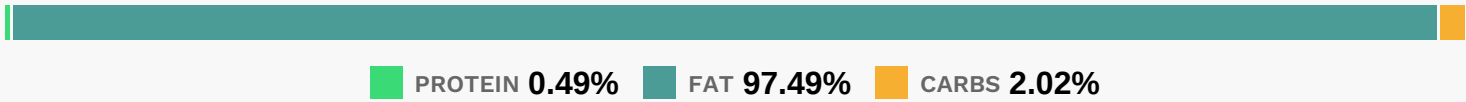
- ☐ 6 servings salt and pepper black freshly ground to taste
- ☐ 0.5 cup citrus champagne vinegar

Equipment

Directions

- ☐ Place garlic, parsley, thyme, chives, white wine vinegar, olive oil, salt, black pepper, cayenne pepper, and herbes de Provence into a nearly empty mayonnaise jar containing at least 1 tablespoon of mayonnaise.
- ☐ Cover mayonnaise jar with lid and shake vigorously until mayonnaise combines with dressing ingredients to make a creamy dressing, about 2 minutes.
- ☐ Pour into a serving dish.

Nutrition Facts



Properties

Glycemic Index:44.33, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:1.124782592787%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 84.83kcal (4.24%), Fat: 8.96g (13.79%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 0.42g (0.14%), Net Carbohydrates: 0.31g (0.11%), Sugar: 0.02g (0.03%), Cholesterol: 0.98mg (0.33%), Sodium: 16.73mg (0.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.2%), Vitamin K: 9.52µg (9.07%), Vitamin E: 1.12mg (7.48%), Manganese: 0.04mg (1.99%), Iron: 0.26mg (1.43%), Vitamin C: 0.94mg (1.14%)