



Cilantro-Lime Mayonnaise

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



124 kcal

SIDE DISH

Ingredients

- 1.5 cups canola oil
- 2 tablespoons olive oil extra virgin extra-virgin
- 2 large eggs
- 2 tablespoons cilantro leaves finely chopped
- 1 serving coarse salt
- 1 juice of lime

Equipment

- food processor

- bowl
- measuring cup

Directions

- Combine oils in a glass measuring cup.
- Place eggs, cilantro, and a pinch of salt in the bowl of a food processor. Blend until mixture is foamy and pale, about 1 1/2 minutes.
- With machine running, add oil, drop by drop, through feed tube, until mixture starts to thicken; do not stop machine at this point or mayonnaise may not come together.
- Add remaining oil in a slow, steady stream. When all oil has been incorporated, slowly add lime juice. Store, refrigerated, in an airtight container for up to 3 days.

Nutrition Facts

PROTEIN 5.06% **FAT 93.64%** **CARBS 1.3%**

Properties

Glycemic Index:4, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.1873913021839%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 124.03kcal (6.2%), Fat: 13.09g (20.14%), Saturated Fat: 1.49g (9.33%), Carbohydrates: 0.41g (0.14%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.11g (0.12%), Cholesterol: 46.5mg (15.5%), Sodium: 42.16mg (1.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.19%), Vitamin E: 2.12mg (14.11%), Vitamin K: 8.47µg (8.06%), Selenium: 3.84µg (5.49%), Vitamin B2: 0.06mg (3.4%), Phosphorus: 25.32mg (2.53%), Vitamin B5: 0.2mg (1.97%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%), Folate: 6.31µg (1.58%), Vitamin A: 76.12IU (1.52%), Vitamin C: 1.15mg (1.4%), Iron: 0.24mg (1.35%), Vitamin B6: 0.02mg (1.14%), Zinc: 0.16mg (1.1%)