



Citrus-Garlic Mayonnaise



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 1 garlic clove pressed
- ☐ 2 teaspoons juice of lemon
- ☐ 0.8 cup mayonnaise
- ☐ 1 tablespoon orange juice
- ☐ 0.3 teaspoon pepper

Equipment

Directions

☐ Stir together all ingredients. Cover and chill until ready to serve. Store in an airtight container in refrigerator up to 1 week.

Nutrition Facts



PROTEIN 0.69% **FAT 97.67%** **CARBS 1.64%**

Properties

Glycemic Index:16.4, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:1.6160869525503%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 115.8kcal (5.79%), Fat: 12.58g (19.35%), Saturated Fat: 1.97g (12.3%), Carbohydrates: 0.47g (0.16%), Net Carbohydrates: 0.45g (0.16%), Sugar: 0.27g (0.3%), Cholesterol: 7.06mg (2.35%), Sodium: 106.77mg (4.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Vitamin K: 27.47µg (26.16%), Vitamin E: 0.55mg (3.69%), Vitamin C: 1.33mg (1.61%)