



Classic Homemade Mayonnaise

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



102 kcal

SIDE DISH

Ingredients

- 1 cup canola oil
- 0.3 teaspoon dijon mustard
- 2 large pasteurized egg yolks
- 0.3 teaspoon hot sauce
- 0.5 teaspoon kosher salt
- 1 teaspoon juice of lemon fresh
- 0.3 teaspoon onion powder
- 0.1 teaspoon sugar

1 teaspoon citrus champagne vinegar

Equipment

whisk

blender

hand mixer

Directions

Beat first 8 ingredients at high speed with an electric mixer, using whisk attachment, 15 seconds or until combined. With mixer running, add oil in a very slow, steady stream, beating until smooth and thickened.

Add water, 1 tsp. at a time, to thin as desired. Refrigerate up to 3 days.

Nutrition Facts

PROTEIN 4.28% FAT 93.74% CARBS 1.98%

Properties

Glycemic Index:20.42, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.0356521954679%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 102.41kcal (5.12%), Fat: 10.77g (16.58%), Saturated Fat: 1.31g (8.19%), Carbohydrates: 0.51g (0.17%), Net Carbohydrates: 0.48g (0.18%), Sugar: 0.18g (0.2%), Cholesterol: 73.44mg (24.48%), Sodium: 244.01mg (10.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.21%), Vitamin E: 1.75mg (11.64%), Vitamin K: 6.45µg (6.14%), Selenium: 3.91µg (5.59%), Phosphorus: 27.29mg (2.73%), Folate: 10.22µg (2.56%), Vitamin D: 0.37µg (2.45%), Vitamin B12: 0.13µg (2.21%), Vitamin B2: 0.04mg (2.15%), Vitamin B5: 0.21mg (2.06%), Vitamin A: 98.62IU (1.97%), Vitamin B6: 0.03mg (1.27%), Iron: 0.2mg (1.12%), Zinc: 0.16mg (1.09%)