



Curry Mayo

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon madras curry powder
- 1 Dash kosher salt
- 0.3 teaspoon juice of lemon fresh
- 2 tablespoons canola mayonnaise

Equipment

Directions

- Start with canola mayonnaise.
- Add curry powder, lemon juice, and a dash of kosher salt to mayo; stir until blended.

Nutrition Facts

PROTEIN 0.7% **FAT 98.19%** **CARBS 1.11%**

Properties

Glycemic Index:13.75, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.67565216496587%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg

Nutrients (% of daily need)

Calories: 48.08kcal (2.4%), Fat: 5.25g (8.08%), Saturated Fat: 0.82g (5.14%), Carbohydrates: 0.13g (0.04%), Net Carbohydrates: 0.09g (0.03%), Sugar: 0.05g (0.06%), Cholesterol: 2.94mg (0.98%), Sodium: 54.21mg (2.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.17%), Vitamin K: 11.53µg (10.99%), Vitamin E: 0.26mg (1.72%)