



Dill-Mayonnaise Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



385 kcal

SAUCE

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon dillweed fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup mayonnaise

Equipment

Directions

☐ Stir together all ingredients.

Nutrition Facts

PROTEIN

 0.7%

FAT

 97.82%

CARBS

 1.48%

Properties

Glycemic Index:63.5, Glycemic Load:0.32, Inflammation Score:-1, Nutrition Score:5.3569565979035%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 385.08kcal (19.25%), Fat: 41.92g (64.49%), Saturated Fat: 6.56g (40.99%), Carbohydrates: 1.43g (0.48%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.52g (0.58%), Cholesterol: 23.52mg (7.84%), Sodium: 356.08mg (15.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Vitamin K: 91.51µg (87.15%), Vitamin E: 1.85mg (12.34%), Vitamin C: 3.54mg (4.29%), Manganese: 0.05mg (2.42%), Selenium: 1.51µg (2.16%), Phosphorus: 14.98mg (1.5%), Vitamin B6: 0.03mg (1.36%), Vitamin B5: 0.12mg (1.18%), Folate: 4.67µg (1.17%), Vitamin B12: 0.07µg (1.12%), Vitamin A: 53.1IU (1.06%)