



## Egg White Mayonnaise



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



105 kcal

SIDE DISH

### Ingredients

- ☐ 1 egg white
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 teaspoon ground mustard
- ☐ 0.5 teaspoon salt
- ☐ 1 cup vegetable oil
- ☐ 1 teaspoon sugar white

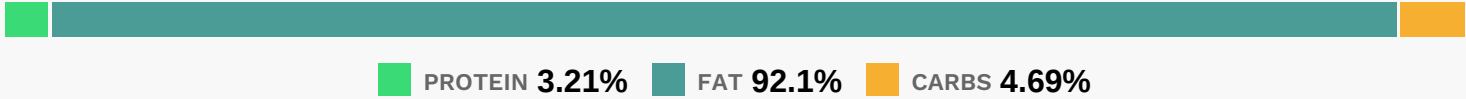
### Equipment

- ☐ blender

# Directions

☐ Blend the egg white, salt, sugar, mustard powder, and lemon juice in a blender until combined; slowly stream the vegetable oil into the mixture while blending, about 1/4 cup at a time, until thick. Refrigerate in an air-tight container until using.

## Nutrition Facts



## Properties

Glycemic Index:17.52, Glycemic Load:0.7, Inflammation Score:-1, Nutrition Score:1.4591304575619%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 105.29kcal (5.26%), Fat: 10.97g (16.87%), Saturated Fat: 1.67g (10.41%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 1.24g (0.45%), Sugar: 1.12g (1.25%), Cholesterol: 0mg (0%), Sodium: 303.19mg (13.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Vitamin K: 20.05µg (19.1%), Vitamin E: 0.9mg (6.01%), Selenium: 1.77µg (2.53%), Vitamin B2: 0.03mg (1.99%), Vitamin C: 0.98mg (1.18%)