



## Eggless Mayonnaise



Vegetarian



Gluten Free



Low Fod Map

READY IN



5 min.

SERVINGS



8

CALORIES



139 kcal

SIDE DISH

## Ingredients

- ☐ 1 cup canola oil or as needed
- ☐ 0.3 teaspoon ground mustard
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.1 teaspoon paprika
- ☐ 1 cup powdered milk
- ☐ 1.5 teaspoons salt
- ☐ 0.8 cup water
- ☐ 2 tablespoons distilled vinegar white

1.5 tablespoons sugar white

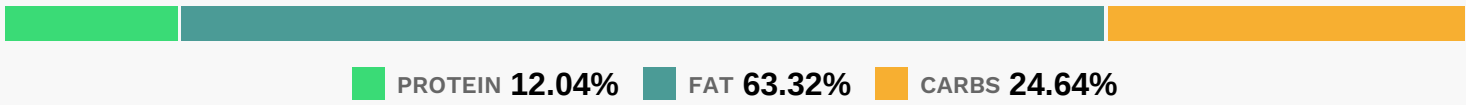
## Equipment

blender

## Directions

Combine the water, sugar, salt, mustard, paprika, vinegar, lemon juice, and powdered milk in a blender. Puree until smooth. With the blender running, drizzle in the oil in a slow, steady stream. If you add it too fast, the mixture will not thicken. Use more or less oil to make it the thickness you like. Store in the refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:22.51, Glycemic Load:4.34, Inflammation Score:-2, Nutrition Score:4.6939130785025%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 139.48kcal (6.97%), Fat: 9.91g (15.25%), Saturated Fat: 3.09g (19.3%), Carbohydrates: 8.68g (2.89%), Net Carbohydrates: 8.65g (3.15%), Sugar: 8.49g (9.44%), Cholesterol: 15.52mg (5.17%), Sodium: 496.67mg (21.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.48%), Calcium: 147.58mg (14.76%), Phosphorus: 125.24mg (12.52%), Vitamin B2: 0.19mg (11.38%), Vitamin D: 1.68µg (11.2%), Vitamin B12: 0.52µg (8.67%), Vitamin E: 1.09mg (7.27%), Potassium: 218.05mg (6.23%), Vitamin K: 4.37µg (4.17%), Selenium: 2.78µg (3.97%), Vitamin B5: 0.37mg (3.7%), Zinc: 0.55mg (3.64%), Magnesium: 14.38mg (3.6%), Vitamin C: 2.83mg (3.43%), Vitamin A: 165.08IU (3.3%), Vitamin B1: 0.05mg (3.12%), Vitamin B6: 0.05mg (2.55%), Folate: 6.79µg (1.7%)