



Fresh Herb Mayonnaise



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



3065 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon basil fresh chopped
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cups mayonnaise
- ☐ 1 tablespoon oregano fresh chopped

Equipment

Directions

- ☐ Stir together 2 cups mayonnaise, 2 tablespoons chopped fresh parsley, 2 tablespoons chopped fresh chives, 1 tablespoon chopped fresh basil, 1 tablespoon chopped fresh dill, and 1 tablespoon chopped fresh oregano. Make a simple salad with boiled new potatoes and sliced green onions, or dollop on grilled chicken and pasta.
- ☐ Add to deviled eggs, or use as a dip for fresh vegetables.

Nutrition Facts



Properties

Glycemic Index:217, Glycemic Load:1.49, Inflammation Score:-10, Nutrition Score:18.127826172373%

Flavonoids

Apigenin: 17.24mg, Apigenin: 17.24mg, Apigenin: 17.24mg, Apigenin: 17.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 3064.96kcal (153.25%), Fat: 335.44g (516.07%), Saturated Fat: 52.51g (328.21%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 4.27g (1.55%), Sugar: 2.94g (3.27%), Cholesterol: 188.16mg (62.72%), Sodium: 2851.03mg (123.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.52%), Vitamin K: 913.6µg (870.1%), Vitamin E: 15.7mg (104.64%), Vitamin A: 1447.72IU (28.95%), Iron: 3.46mg (19.24%), Vitamin C: 14.94mg (18.11%), Manganese: 0.34mg (17.2%), Selenium: 10.6µg (15.14%), Folate: 54.67µg (13.67%), Calcium: 136.62mg (13.66%), Phosphorus: 110.98mg (11.1%), Fiber: 2.58g (10.32%), Vitamin B12: 0.54µg (8.96%), Vitamin B5: 0.87mg (8.74%), Vitamin B2: 0.13mg (7.59%), Copper: 0.15mg (7.32%), Magnesium: 26mg (6.5%), Potassium: 223.53mg (6.39%), Zinc: 0.95mg (6.3%), Vitamin D: 0.9µg (5.97%), Vitamin B6: 0.11mg (5.37%), Vitamin B1: 0.07mg (4.41%), Vitamin B3: 0.4mg (2%)