



Garlic-Dill Mayonnaise

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



384 kcal

SIDE DISH

Ingredients

- 2 teaspoons optional: dill fresh minced
- 2 garlic cloves pressed
- 2.5 teaspoons juice of lemon fresh
- 1 cup mayonnaise
- 0.1 teaspoon pepper freshly ground
- 0.1 teaspoon salt

Equipment

- bowl

whisk

Directions

Whisk together all ingredients in a small bowl until well blended.

Serve with fried fish.

*Reduced-fat mayonnaise may be substituted.

Nutrition Facts

PROTEIN 0.68% **FAT 98.2%** **CARBS 1.12%**

Properties

Glycemic Index:31.75, Glycemic Load:0.31, Inflammation Score:-1, Nutrition Score:5.1586955445616%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 383.9kcal (19.2%), Fat: 41.91g (64.47%), Saturated Fat: 6.56g (40.97%), Carbohydrates: 1.07g (0.36%), Net Carbohydrates: 1.02g (0.37%), Sugar: 0.41g (0.46%), Cholesterol: 23.52mg (7.84%), Sodium: 428.6mg (18.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Vitamin K: 91.41µg (87.06%), Vitamin E: 1.84mg (12.29%), Selenium: 1.51µg (2.15%), Vitamin C: 1.72mg (2.08%), Manganese: 0.04mg (1.91%), Phosphorus: 14.44mg (1.44%), Vitamin B6: 0.02mg (1.24%), Vitamin B12: 0.07µg (1.12%), Vitamin B5: 0.11mg (1.1%)