



Garlic-Lemon Mayo



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



205 kcal

SIDE DISH

Ingredients

- ☐ 1 garlic clove pressed
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 tablespoon juice of lemon
- ☐ 2 teaspoons lemon zest
- ☐ 0.7 cup mayonnaise
- ☐ 5 servings salt to taste

Equipment

Directions

☐ Stir together mayonnaise, pressed garlic clove, lemon zest, lemon juice, and ground red pepper. Season with salt to taste.

Nutrition Facts



PROTEIN 0.69% **FAT 97.89%** **CARBS 1.42%**

Properties

Glycemic Index:22.4, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:2.8730434655495%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 205.18kcal (10.26%), Fat: 22.36g (34.4%), Saturated Fat: 3.5g (21.86%), Carbohydrates: 0.73g (0.24%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.29g (0.32%), Cholesterol: 12.54mg (4.18%), Sodium: 383.64mg (16.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.71%), Vitamin K: 48.73µg (46.41%), Vitamin E: 1mg (6.68%), Vitamin C: 2.42mg (2.93%), Selenium: 0.79µg (1.12%)