



Garlic-Tomato Mayonnaise



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



31 kcal

SIDE DISH

Ingredients



1 tablespoon parsley fresh chopped



2 cloves garlic minced



0.5 cup nonfat mayonnaise



0.3 cup tomatoes seeded finely chopped



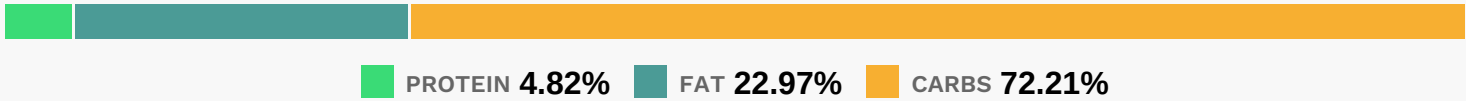
3 tablespoons no-salt-added tomato sauce

Equipment

Directions

- ☐ Combine mayonnaise, tomato sauce, and garlic; stir well. Cover and chill at least 3 hours. Stir in tomato and parsley. Store in refrigerator.
- ☐ Serve with steamed vegetables, or use as a sandwich spread.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:0.44, Inflammation Score:-2, Nutrition Score:2.4082608715348%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 31.23kcal (1.56%), Fat: 0.85g (1.3%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 6g (2%), Net Carbohydrates: 5.1g (1.86%), Sugar: 3.64g (4.05%), Cholesterol: 2.6mg (0.87%), Sodium: 282.14mg (12.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.8%), Vitamin K: 24.61µg (23.44%), Vitamin C: 3.86mg (4.68%), Vitamin A: 210.66IU (4.21%), Fiber: 0.89g (3.57%), Manganese: 0.06mg (2.78%), Potassium: 81.19mg (2.32%), Vitamin B6: 0.04mg (1.9%), Vitamin E: 0.23mg (1.55%), Copper: 0.03mg (1.51%), Iron: 0.26mg (1.42%), Magnesium: 4.16mg (1.04%)