



Garlicky Mayo

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



53 kcal

SIDE DISH

Ingredients

- 3 garlic cloves minced
- 0.5 teaspoon juice of lemon
- 2 tablespoons canola mayonnaise
- 1 Dash salt
- 1 tablespoon shallots minced

Equipment

- mortar and pestle

Directions

- Combine canola mayonnaise, minced shallots, lemon juice, a dash of salt, and garlic in a mortar; pound with a pestle until blended.

Nutrition Facts

PROTEIN 2.06% **FAT 88.58%** **CARBS 9.36%**

Properties

Glycemic Index:27.5, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:1.0639130424546%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 52.89kcal (2.64%), Fat: 5.25g (8.08%), Saturated Fat: 0.82g (5.14%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.27g (0.31%), Cholesterol: 2.94mg (0.98%), Sodium: 54.83mg (2.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.55%), Vitamin K: 11.47µg (10.92%), Manganese: 0.05mg (2.28%), Vitamin B6: 0.04mg (1.87%), Vitamin E: 0.23mg (1.56%), Vitamin C: 1.14mg (1.39%)