



Garlicky Mayonnaise

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



210 kcal

SIDE DISH

Ingredients

- ☐ 0.5 fillet anchovy finely chopped
- ☐ 1 garlic clove finely grated
- ☐ 4 servings kosher salt black
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup yogurt plain

Equipment

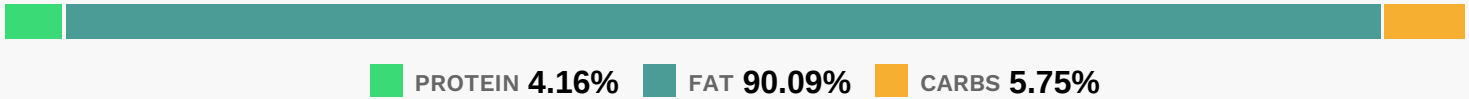
- ☐ bowl

whisk

Directions

- Whisk 1 finely grated garlic clove, 1/2 finely chopped anchovy fillet, 1/2 cup mayonnaise, 1/2 cup plain whole-milk yogurt, and 1 tablespoon fresh lemon juice in a medium bowl; season with kosher salt and coarsely ground black pepper and more lemon juice, if desired.
- DO AHEAD: Garlicky Mayonnaise can be made 2 days ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:4.0413043997858%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 210.15kcal (10.51%), Fat: 21.04g (32.36%), Saturated Fat: 3.32g (20.75%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.99g (1.09%), Sugar: 2.61g (2.9%), Cholesterol: 12.67mg (4.22%), Sodium: 395.86mg (17.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.37%), Vitamin K: 45.71µg (43.54%), Calcium: 65.62mg (6.56%), Vitamin E: 0.93mg (6.18%), Phosphorus: 56.28mg (5.63%), Vitamin B2: 0.08mg (4.69%), Vitamin B12: 0.22µg (3.73%), Selenium: 2.04µg (2.91%), Potassium: 92.52mg (2.64%), Vitamin B5: 0.26mg (2.57%), Zinc: 0.36mg (2.39%), Vitamin C: 1.96mg (2.38%), Magnesium: 6.72mg (1.68%), Vitamin B6: 0.03mg (1.51%), Folate: 5.89µg (1.47%), Vitamin B1: 0.02mg (1.35%)