



## Ginger Mayonnaise

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



382 kcal

SIDE DISH

### Ingredients

- 2 tablespoons chives fresh sliced
- 1 teaspoon ginger fresh grated
- 1 cup mayonnaise
- 0.3 teaspoon pepper freshly ground
- 0.3 teaspoon sea salt

### Equipment

- bowl
- whisk

## Directions

Combine all ingredients in a small bowl; stir with a wire whisk.

## Nutrition Facts

■ PROTEIN **0.64%** ■ FAT **98.78%** ■ CARBS **0.58%**

## Properties

Glycemic Index:35.5, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:5.2199999071334%

## Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 381.96kcal (19.1%), Fat: 41.91g (64.47%), Saturated Fat: 6.56g (40.98%), Carbohydrates: 0.55g (0.18%), Net Carbohydrates: 0.47g (0.17%), Sugar: 0.36g (0.4%), Cholesterol: 23.52mg (7.84%), Sodium: 501.08mg (21.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin K: 94.68µg (90.17%), Vitamin E: 1.84mg (12.28%), Vitamin A: 102.38IU (2.05%), Selenium: 1.31µg (1.87%), Manganese: 0.03mg (1.35%), Phosphorus: 13mg (1.3%), Vitamin B12: 0.07µg (1.12%), Folate: 4.45µg (1.11%), Vitamin C: 0.9mg (1.09%), Vitamin B5: 0.1mg (1.04%)