



Green Chile Mayonnaise



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



92 kcal

SIDE DISH

Ingredients

- ☐ 1 large eggs
- ☐ 2 garlic cloves minced
- ☐ 1 tbsp juice of lemon fresh
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.3 tsp sea salt
- ☐ 0.5 serrano chile green red finely chopped

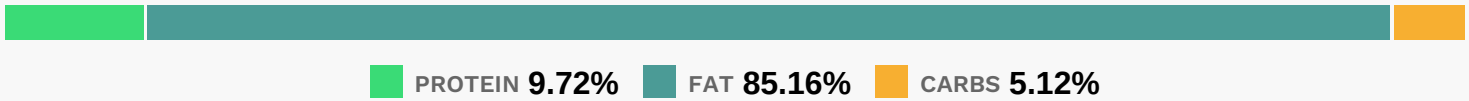
Equipment

- ☐ food processor

Directions

- ☐ In a food processor, whirl egg, garlic, chile, 1/4 tsp. salt, and 1 tbsp. lemon juice until mixture thickens slightly, about 1 minute.
- ☐ Add oil drop by drop through top of processor until mixture starts to get quite thick, then drizzle in the rest in a slow stream. Whirl in more salt and lemon juice to taste. Mayonnaise keeps, covered and refrigerated, 1 day.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:2.5439130242752%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 91.88kcal (4.59%), Fat: 8.81g (13.56%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 1.19g (0.4%), Net Carbohydrates: 1.1g (0.4%), Sugar: 0.25g (0.27%), Cholesterol: 62mg (20.67%), Sodium: 218.09mg (9.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Vitamin E: 1.23mg (8.19%), Selenium: 5.41µg (7.73%), Vitamin B2: 0.08mg (4.7%), Vitamin K: 4.54µg (4.32%), Phosphorus: 36.86mg (3.69%), Vitamin C: 3.01mg (3.65%), Vitamin B6: 0.06mg (3.02%), Vitamin B5: 0.28mg (2.76%), Vitamin B12: 0.15µg (2.47%), Folate: 9.12µg (2.28%), Vitamin D: 0.33µg (2.22%), Iron: 0.38mg (2.11%), Manganese: 0.04mg (2.05%), Vitamin A: 99.85IU (2%), Zinc: 0.24mg (1.63%), Calcium: 13.56mg (1.36%), Potassium: 39.33mg (1.12%), Copper: 0.02mg (1.01%)