



## Harissa Mayo

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



905 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon ground cumin
- 2 tablespoons harissa store-bought
- 0.5 cup mayonnaise
- 0.5 teaspoon red wine vinegar
- 1 serving salt and pepper black
- 0.3 cup cream sour

### Equipment

- bowl

whisk

## Directions

Mix the mayonnaise, sour cream, harissa, vinegar and cumin together in a large bowl and stir with a whisk to combine. Taste for seasoning and add salt and pepper as desired. Refrigerate and serve smeared on lamb sandwiches.

## Nutrition Facts

**PROTEIN 1.46%** **FAT 94.36%** **CARBS 4.18%**

## Properties

Glycemic Index:55, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:9.976521756338%

## Nutrients (% of daily need)

Calories: 905.4kcal (45.27%), Fat: 95.13g (146.36%), Saturated Fat: 18.93g (118.33%), Carbohydrates: 9.47g (3.16%), Net Carbohydrates: 8.7g (3.16%), Sugar: 6.6g (7.33%), Cholesterol: 80.96mg (26.99%), Sodium: 1325.85mg (57.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.64%), Vitamin K: 185.01µg (176.2%), Vitamin E: 4.48mg (29.9%), Vitamin A: 641.38IU (12.83%), Phosphorus: 85.51mg (8.55%), Vitamin B2: 0.14mg (8.27%), Calcium: 77.96mg (7.8%), Selenium: 5.06µg (7.23%), Vitamin C: 5.37mg (6.51%), Potassium: 215.23mg (6.15%), Iron: 0.86mg (4.78%), Vitamin B12: 0.26µg (4.25%), Vitamin B6: 0.08mg (4.14%), Vitamin B5: 0.39mg (3.86%), Copper: 0.08mg (3.77%), Vitamin B1: 0.05mg (3.52%), Magnesium: 12.4mg (3.1%), Fiber: 0.77g (3.09%), Folate: 11.8µg (2.95%), Zinc: 0.43mg (2.87%), Vitamin B3: 0.56mg (2.78%), Manganese: 0.03mg (1.62%), Vitamin D: 0.22µg (1.49%)