



Herb-Shallot Mayo



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



209 kcal

SIDE DISH

Ingredients

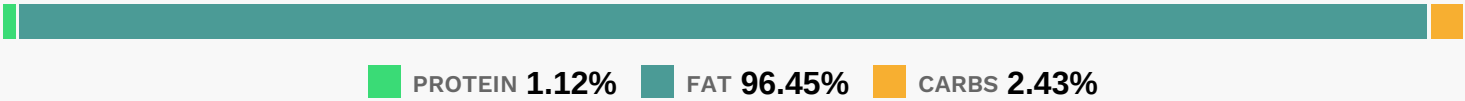
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 0.7 cup mayonnaise
- ☐ 5 servings salt and pepper to taste
- ☐ 1 shallots minced

Equipment

Directions

- ☐ Stir together mayonnaise, parsley, Dijon mustard, and minced shallot. Season with salt and pepper to taste.
- ☐ *2 Tbsp. minced sweet onion may be substituted.

Nutrition Facts



Properties

Glycemic Index:28.8, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:4.4800001130156%

Flavonoids

Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg

Nutrients (% of daily need)

Calories: 209.1kcal (10.45%), Fat: 22.46g (34.55%), Saturated Fat: 3.5g (21.91%), Carbohydrates: 1.27g (0.42%), Net Carbohydrates: 0.93g (0.34%), Sugar: 0.62g (0.69%), Cholesterol: 12.54mg (4.18%), Sodium: 417.94mg (18.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.17%), Vitamin K: 75.01µg (71.44%), Vitamin E: 1mg (6.69%), Vitamin A: 156.53IU (3.13%), Vitamin C: 2.54mg (3.08%), Selenium: 1.77µg (2.53%), Manganese: 0.03mg (1.61%), Iron: 0.27mg (1.51%), Folate: 5.84µg (1.46%), Fiber: 0.34g (1.37%), Phosphorus: 13.44mg (1.34%), Vitamin B6: 0.02mg (1.16%), Potassium: 36.08mg (1.03%)