



Herbed Mayo



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



54 kcal

SIDE DISH

Ingredients

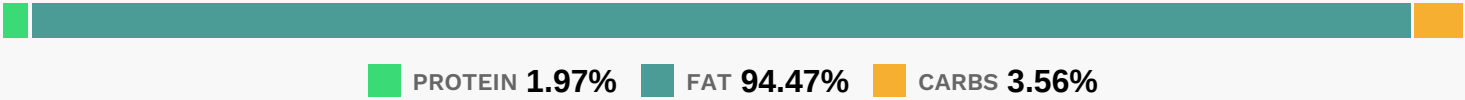
- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 teaspoon chives fresh chopped
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 2 tablespoons canola mayonnaise
- ☐ 1.5 tablespoons cup heavy whipping cream light sour

Equipment

Directions

- ☐ Start with canola mayonnaise.
- ☐ Add sour cream, basil, chives, thyme, and pepper to mayo; stir until blended.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:1.065652186132%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 54.32kcal (2.72%), Fat: 5.72g (8.81%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 0.48g (0.16%), Net Carbohydrates: 0.42g (0.15%), Sugar: 0.06g (0.06%), Cholesterol: 4.51mg (1.51%), Sodium: 48.25mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Vitamin K: 14.14µg (13.47%), Vitamin E: 0.25mg (1.66%), Vitamin A: 68.79IU (1.38%)