



Home Made Mayonnaise



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



89 kcal

SIDE DISH

Ingredients

- 1 eggs
- 0.5 teaspoon garlic minced
- 1 tablespoon juice of lemon
- 0.8 cup olive oil
- 4 servings salt and pepper to taste
- 1 teaspoon mustard yellow prepared

Equipment

- food processor

blender

Directions

Combine the egg, garlic, lemon juice and mustard in the container of a blender or food processor. Blend until smooth, then blend on low speed while pouring oil into the blender in a fine stream as the mixture emulsifies and thickens.

Nutrition Facts

PROTEIN 6.5% **FAT 91.17%** **CARBS 2.33%**

Properties

Glycemic Index:15.5, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.8226086788851%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 89.48kcal (4.47%), Fat: 9.2g (14.15%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 0.53g (0.18%), Net Carbohydrates: 0.46g (0.17%), Sugar: 0.16g (0.17%), Cholesterol: 40.92mg (13.64%), Sodium: 223.42mg (9.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.95%), Vitamin E: 1.29mg (8.61%), Selenium: 3.86µg (5.51%), Vitamin K: 4.93µg (4.7%), Vitamin B2: 0.05mg (3.06%), Phosphorus: 24mg (2.4%), Vitamin C: 1.57mg (1.91%), Vitamin B5: 0.18mg (1.8%), Vitamin B12: 0.1µg (1.63%), Folate: 6.02µg (1.5%), Iron: 0.27mg (1.49%), Vitamin D: 0.22µg (1.47%), Vitamin B6: 0.03mg (1.3%), Vitamin A: 60.55IU (1.21%), Zinc: 0.16mg (1.04%)