



Homemade Mayonnaise



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



113 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon mustard dry
- ☐ 2 egg yolks
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 teaspoon paprika
- ☐ 1 Dash bell pepper red
- ☐ 1 teaspoon salt
- ☐ 2 cups vegetable oil divided
- ☐ 2 tablespoons vinegar

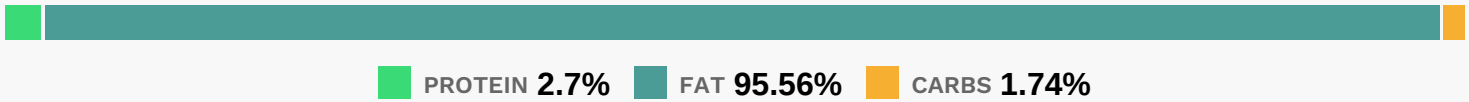
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ Combine salt, mustard, paprika, and pepper in a deep, narrow bowl.
- ☐ Add egg yolks, and beat at high speed of an electric mixer until thickened.
- ☐ Add vinegar; beat well.
- ☐ Add 1 1/2 cups oil, 1 tablespoon at a time; beat at high speed until mixture begins to thicken.
- ☐ Add remaining 1/2 cup oil, alternately with lemon juice, 1 tablespoon at a time. Spoon into a glass or plastic container; cover and refrigerate. (Do not store mayonnaise in a metal container.)

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.1556521893843%

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 Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 113.23kcal (5.66%), Fat: 12.16g (18.7%), Saturated Fat: 2.1g (13.11%), Carbohydrates: 0.5g (0.17%), Net Carbohydrates: 0.45g (0.16%), Sugar: 0.14g (0.16%), Cholesterol: 48.6mg (16.2%), Sodium: 293.03mg (12.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Vitamin K: 20.14µg (19.18%), Vitamin E: 1.04mg (6.93%), Selenium: 2.81µg (4.01%), Vitamin A: 99.85IU (2%), Vitamin C: 1.62mg (1.96%), Phosphorus: 19.27mg (1.93%), Folate: 7.61µg (1.9%), Vitamin D: 0.24µg (1.62%), Vitamin B2: 0.03mg (1.5%), Vitamin B12: 0.09µg (1.46%), Vitamin B5: 0.14mg (1.42%)