



Homemade Mayonnaise



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



118 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup canola oil divided
- ☐ 0.3 teaspoon dijon mustard
- ☐ 1 large egg yolk
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 0.5 teaspoon salt plus more to taste
- ☐ 1 teaspoon citrus champagne vinegar

Equipment

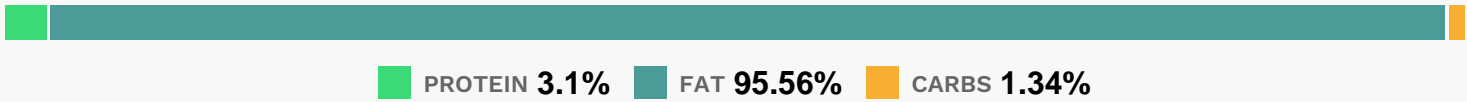
- ☐ bowl

☐ whisk

Directions

- ☐ Combine egg yolk, lemon juice, vinegar, mustard, and 1/2 teaspoon salt in medium bowl.
- ☐ Whisk until blended and bright yellow, about 30 seconds.
- ☐ Using 1/4 teaspoon measure and whisking constantly, add 1/4 cup oil to yolk mixture, a few drops at a time, about 4 minutes. Gradually add remaining 1/2 cup oil in very slow thin stream, whisking constantly, until mayonnaise is thick, about 8 minutes (mayonnaise will be lighter in color). Cover and chill. do ahead Can be made up to 2 days ahead. Keep chilled.
- ☐ To make aioli, add 1 minced garlic clove to the egg mixture, and substitute extravirgin olive oil for the canola oil.
- ☐ * Raw egg is not recommended for infants, the elderly, pregnant women, and people with weakened immune systems. To avoid the risk of salmonella infection, you can use pasteurized egg yolk instead.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.0404347663178%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 118.38kcal (5.92%), Fat: 12.72g (19.57%), Saturated Fat: 1.37g (8.55%), Carbohydrates: 0.4g (0.13%), Net Carbohydrates: 0.38g (0.14%), Sugar: 0.1g (0.11%), Cholesterol: 61.2mg (20.4%), Sodium: 395.04mg (17.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.86%), Vitamin E: 2.11mg (14.08%), Vitamin K: 8.03µg (7.65%), Selenium: 3.32µg (4.74%), Phosphorus: 22.88mg (2.29%), Folate: 8.8µg (2.2%), Vitamin D: 0.31µg (2.04%), Vitamin B12: 0.11µg (1.84%), Vitamin B2: 0.03mg (1.8%), Vitamin B5: 0.17mg (1.74%), Vitamin A: 82.16IU (1.64%), Vitamin C: 0.98mg (1.18%), Vitamin B6: 0.02mg (1.06%)