



Horseradish Mayonnaise



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



157 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons horseradish hot prepared
- ☐ 1 cup mayonnaise
- ☐ 10 servings salt and pepper
- ☐ 2 Tbsp scallions white finely chopped

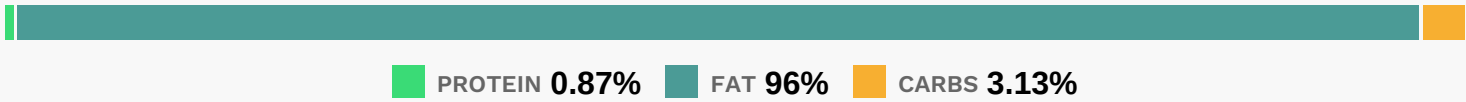
Equipment

- ☐ bowl
- ☐ sieve

Directions

- ☐ Drain horseradish in a fine-mesh sieve for 10 minutes, occasionally pressing down on solids. Discard liquid.
- ☐ Transfer solids to a bowl.
- ☐ Add mayonnaise and scallions to bowl; mix well. Season with salt and pepper. Cover and chill for at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:11.7, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:2.5321738992048%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 157.02kcal (7.85%), Fat: 16.82g (25.88%), Saturated Fat: 2.63g (16.43%), Carbohydrates: 1.23g (0.41%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.87g (0.97%), Cholesterol: 9.41mg (3.14%), Sodium: 374.02mg (16.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.69%), Vitamin K: 39.11µg (37.25%), Vitamin E: 0.74mg (4.95%), Vitamin C: 2.47mg (2.99%), Folate: 7.02µg (1.75%), Fiber: 0.33g (1.31%), Selenium: 0.77µg (1.11%)