

Lemon and Olive Mayonnaise

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

SIDE DISH

Ingredients

- 0.8 cup mayonnaise
- 0.5 teaspoon hot sauce hot
- 2 tablespoons pimienta stuffed olives green chopped
- 2 tablespoons simple preserved lemons minced grated (peel only)

Equipment

- bowl

Directions

- Stir all ingredients in small bowl to blend. Season with black pepper. (Can be made 1 day ahead. Cover and refrigerate.)
- *Lemon preserved in a lemon juice and salt brine is used most often in Moroccan cuisine. Available at some specialty foods stores.

Nutrition Facts

PROTEIN 0.71% **FAT 98.42%** **CARBS 0.87%**

Properties

Glycemic Index:12.5, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:3.8195652956872%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 293.6kcal (14.68%), Fat: 32.05g (49.31%), Saturated Fat: 5g (31.27%), Carbohydrates: 0.64g (0.21%), Net Carbohydrates: 0.27g (0.1%), Sugar: 0.5g (0.56%), Cholesterol: 17.64mg (5.88%), Sodium: 342.32mg (14.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.04%), Vitamin K: 68.53µg (65.26%), Vitamin E: 1.53mg (10.2%), Fiber: 0.48g (1.92%), Selenium: 1µg (1.43%)