



Lemon & chive mayonnaise



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



435 kcal

SIDE DISH

Ingredients

- ☐ 3 egg yolk
- ☐ 1 pinch dijon mustard english
- ☐ 1 pinch pepper white black
- ☐ 2 tbsp apple cider vinegar
- ☐ 250 ml vegetable oil; peanut oil preferred
- ☐ 50 ml olive oil extra virgin extra-virgin
- ☐ 1 lemon zest
- ☐ 1 bunch chives finely chopped

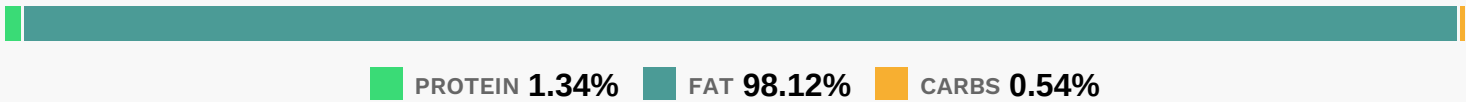
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Mix the egg yolks with the mustard powder, pepper, 1 tbsp cider vinegar and a pinch of salt in a bowl.
- ☐ Mix the oils together in a jug. Use an electric whisk to whisk the yolk mixture, then very slowly, drip-by-drip, add the oil. When the mixture is pale and thicker, and no oil is visible, swap from a drip to a slow, steady stream whisking all the while.
- ☐ When all the oil is added and you have a thick mayonnaise, taste and season with more vinegar, salt and pepper. Stir in the lemon zest and chives, then chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:4.197826138819%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 434.6kcal (21.73%), Fat: 48.06g (73.94%), Saturated Fat: 8.34g (52.13%), Carbohydrates: 0.59g (0.2%), Net Carbohydrates: 0.46g (0.17%), Sugar: 0.15g (0.16%), Cholesterol: 97.2mg (32.4%), Sodium: 18.97mg (0.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Vitamin E: 7.3mg (48.7%), Selenium: 5.06µg (7.23%), Vitamin K: 6.36µg (6.05%), Phosphorus: 36.03mg (3.6%), Folate: 13.97µg (3.49%), Vitamin D: 0.49µg (3.24%), Vitamin A: 159.39IU (3.19%), Vitamin B12: 0.18µg (2.92%), Vitamin B2: 0.05mg (2.89%), Vitamin B5: 0.27mg (2.75%), Vitamin C: 1.68mg (2.03%), Iron: 0.33mg (1.83%), Vitamin B6: 0.03mg (1.71%), Zinc: 0.22mg (1.46%), Calcium: 14.06mg (1.41%), Vitamin B1: 0.02mg (1.13%), Manganese: 0.02mg (1.1%)