



Lemon-Dill Mayonnaise

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



307 kcal

SIDE DISH

Ingredients

- 0.8 teaspoon dillweed dried
- 0.3 teaspoon garlic powder
- 1 tablespoon juice of lemon
- 2 teaspoons lemon rind grated
- 1 cup mayonnaise

Equipment

Directions

Stir together first 5 ingredients and, if desired, hot sauce. Chill.

Nutrition Facts

 PROTEIN **0.66%**  FAT **98.32%**  CARBS **1.02%**

Properties

Glycemic Index:11, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:4.1413044940842%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 306.55kcal (15.33%), Fat: 33.53g (51.58%), Saturated Fat: 5.24g (32.77%), Carbohydrates: 0.78g (0.26%), Net Carbohydrates: 0.66g (0.24%), Sugar: 0.37g (0.41%), Cholesterol: 18.82mg (6.27%), Sodium: 284.96mg (12.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.01%), Vitamin K: 73.02µg (69.55%), Vitamin E: 1.48mg (9.85%), Vitamin C: 2.27mg (2.75%), Selenium: 1.07µg (1.54%), Phosphorus: 11.18mg (1.12%), Iron: 0.18mg (1.03%)