



Lemon-Garlic Mayo



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



308 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic clove minced
- ☐ 1 tablespoon juice of lemon
- ☐ 1 cup mayonnaise
- ☐ 5 servings salt and pepper to taste

Equipment

- ☐ bowl

Directions

☐ Combine lemon juice and minced garlic in a small bowl; let stand 5 minutes. Stir in mayonnaise and parsley. Season with salt and pepper to taste.

Nutrition Facts



PROTEIN 0.73% **FAT 98.02%** **CARBS 1.25%**

Properties

Glycemic Index:22.4, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:5.5552172842233%

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 Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 307.66kcal (15.38%), Fat: 33.54g (51.59%), Saturated Fat: 5.25g (32.79%), Carbohydrates: 0.96g (0.32%), Net Carbohydrates: 0.87g (0.32%), Sugar: 0.36g (0.4%), Cholesterol: 18.82mg (6.27%), Sodium: 479.4mg (20.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.13%), Vitamin K: 99.28µg (94.56%), Vitamin E: 1.49mg (9.91%), Vitamin C: 3.66mg (4.44%), Vitamin A: 164.19IU (3.28%), Selenium: 1.21µg (1.72%), Folate: 5.31µg (1.33%), Manganese: 0.03mg (1.33%), Phosphorus: 12.41mg (1.24%), Iron: 0.22mg (1.21%), Vitamin B6: 0.02mg (1.06%)