



Lemon Mayonnaise



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



383 kcal

SIDE DISH

Ingredients



1.5 tablespoons juice of lemon fresh



2 teaspoons lemon zest finely grated



1 cup mayonnaise

Equipment

Directions

Combine the mayonnaise, juice, and zest and mix well. Season to taste. Store in the refrigerator, covered, until ready to serve.

Nutrition Facts

PROTEIN0.6%FAT98.5%CARBS0.9%

Properties

Glycemic Index:12.5, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:5.0873913027994%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 382.51kcal (19.13%), Fat: 41.9g (64.47%), Saturated Fat: 6.55g (40.97%), Carbohydrates: 0.87g (0.29%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.5g (0.56%), Cholesterol: 23.52mg (7.84%), Sodium: 355.72mg (15.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin K: 91.28µg (86.93%), Vitamin E: 1.85mg (12.32%), Vitamin C: 3.47mg (4.2%), Selenium: 1.3µg (1.86%), Phosphorus: 12.33mg (1.23%), Vitamin B12: 0.07µg (1.12%), Vitamin B5: 0.11mg (1.07%), Folate: 4.05µg (1.01%)