



## Lemony Mayo



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



181 kcal

SIDE DISH

## Ingredients

- ☐ 5 servings pepper black freshly ground
- ☐ 0.8 cup canola oil
- ☐ 1 teaspoon dijon mustard
- ☐ 2 large egg yolks
- ☐ 0.5 teaspoon kosher salt plus more to taste
- ☐ 2 tablespoons juice of lemon fresh plus more to taste
- ☐ 1 teaspoon lemon zest shredded finely
- ☐ 0.3 cup olive oil extra-virgin

☐ 0.5 teaspoon sugar

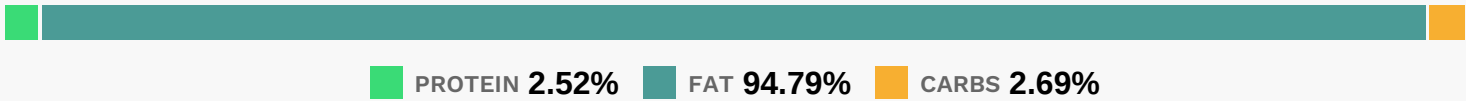
## Equipment

☐ food processor

## Directions

- ☐ In a food processor, whirl egg yolks, 2 tbsp. lemon juice, mustard, sugar, 1/2 tsp. salt, and a few grinds of black pepper. With motor running, pour in olive oil and canola oil; mixture should be thick and shiny (you may need a little more or less canola oil).
- ☐ Add lemon zest then salt and lemon juice to taste. Chill until cold.

## Nutrition Facts



## Properties

Glycemic Index:26.82, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:2.859130412988%

## Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 180.68kcal (9.03%), Fat: 19.38g (29.81%), Saturated Fat: 2.64g (16.51%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 1.11g (0.4%), Sugar: 0.62g (0.69%), Cholesterol: 73.44mg (24.48%), Sodium: 247.14mg (10.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Vitamin E: 2.92mg (19.47%), Vitamin K: 11.52µg (10.97%), Selenium: 4.16µg (5.95%), Vitamin C: 2.84mg (3.44%), Phosphorus: 28.29mg (2.83%), Folate: 11.27µg (2.82%), Vitamin D: 0.37µg (2.45%), Vitamin B2: 0.04mg (2.24%), Vitamin B12: 0.13µg (2.21%), Vitamin B5: 0.22mg (2.17%), Vitamin A: 99.87IU (2%), Iron: 0.28mg (1.57%), Vitamin B6: 0.03mg (1.41%), Zinc: 0.17mg (1.12%), Calcium: 11mg (1.1%), Manganese: 0.02mg (1.1%), Vitamin B1: 0.02mg (1.04%)